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THE

TREATMENT OF DISEASE

— BY —

HYGIENIC AGENCIES.

A GUIDE FOR

TREATING THE SICK

WITHOUT MEDICINE.

BY M. G. KELLOGG, M. D.

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TO THE READER.

The writer would acknowledge that he is indebted to the teachings and writings of such men as Trall, Graham, Shew, Alcott, Tanner, and others, for many of the ideas expressed in this work. He would also state that it has been his aim to present his ideas in the clearest language possible; therefore, whenever he has found ideas which he wished to present in this work stated by others in a clearer manner than he could well express them, he has in such instances used the language of some of the above-mentioned authors, although no mention is made of the authors in connection with the language thus used.

In giving directions for treating special diseases in this work, the object has not been to present an unvarying routine of baths for the patient, but to suggest several baths, and other applications of water, any of which would be suitable to the disease. Three other pamphlets, entitled "Good Health, and how to Preserve It," "Nature and Cause of Disease," and "The Bath, Its Use and Application" (see Catalogue), have been prepared, each of which is complete in itself, while the four together present the general principles of the hygienic system. If the reader will procure these pamphlets and study them carefully, he will fully understand why and how water and other hygienic agents are applicable in the treatment of disease, and will experience no difficulty in prescribing for the treatment of disease without the help given in connection with the description of special diseases in this work. M. G. K.

Battle Creek, Mich., Nov. 1, 1873.

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THE TREATMENT OF DISEASE.

GENERAL PROPOSITIONS.

There is no system of medicine that is worthy of, or that demands, more careful study than does the hygienic system. In fact, a knowledge of hygiene is, or should be, the basis of all medical knowledge.

There are three things to be considered by those who would be successful in the management of the sick.

First, the nature of disease must be understood. Disease is remedial effort, is vital action, is an effort on the part of nature, *i. e.*, the organism, to expel impurities, or poisons and unusable substances, from the system, and to overcome obstructions to the circulation; consequently, in all cases in which change of organic structure has not taken place, disease is self-limited in its nature. Therefore, in treating the sick, we should seek to assist nature in her efforts instead of seeking, as do many physicians, to stop her efforts by breaking up the disease. Since disease is vital action, it follows that if we break up or "cure" disease, we stop vital action. This should be avoided if possible, for the cessation of vital action is death. For a full explanation of the nature of disease, the reader is referred to a pamphlet entitled, "The Nature and Cause of Disease." See annexed catalogue.

One of the chief reasons why so few of the sick recover is, the physicians give them medicines to "cure" their diseases, and this is effectually accomplished by the patient's expending his vitality in expelling the medicine, until there is not sufficient life force left to carry on the usual life processes, and the patient dies, having been literally "cured" to death.

Instead of endeavoring to stop vital action, we should seek to control and direct it. If one part of the system is inactive, we should strive to induce in it its normal or usual action; but we should never try to check vital action, except in those cases where the action is so violent as to cause a liability of the destruction of some of the organs or a disorganization of some of the tissues.

In all the systems of medicine in which drug poisons are administered, the physician seeks to "cure" or stop the diseased action already existing (which is simply an effort to expel impurities already in the system) by giving a drug to induce another diseased action (which is an effort to expel the drug), which he has learned is self-limited (it ceases as soon as the drug is expelled). Instead of doing this, we should ever seek to induce in every part of the organism just those actions which take place when the person is in health. That we cannot do this by administering drugs that make a well person sick is self-evident.

The only way in which it is possible to induce healthy action in a diseased organism is by supplying those conditions on which health is based, and by the employment of those agents which are conducive to the maintenance of health. The reader is referred to a pamphlet entitled, "Good Health," where he will find the conditions on

which health is based fully explained. See annexed catalogue.

Secondly, the condition of the patient must be understood, otherwise it will be impossible to tell what it is necessary to do to restore him to health. It is not enough to know that something is wrong, we must know what is wrong if we would remedy the evil; and to know this, it is necessary that we have a knowledge of the location of the various organs of the body, and of the action of each when in health, otherwise we cannot tell with any certainty what organ of the body is diseased; consequently, not knowing the condition of the patient, whatever we do will be done blindly, and will be just as liable to be wrong as right—to do harm as good.

It is a lack of knowledge as to the location and functions of the various organs of the body that constitutes the great barrier to a correct diagnosis of disease, and to its proper management by people generally. If the reader is not acquainted with these subjects, he should at once obtain some work on physiology and acquaint himself with at least these two branches of the subject. Space will not allow the introduction of much physiology in this work; yet it is essential that enough be presented to give the reader a correct idea of the location and action of the vital organs, as it is by a comparison of the symptoms manifested in disease with the known action of the organs in health that we are enabled to ascertain the condition of the patient.

Thirdly, the causes of disease must be understood, and such as exist externally or are in the alimentary canal must be removed; for it is evident that all treatment administered while the

cause of the disease is still operating, unless it be for the removing of that cause, is useless.

IMPORTANT INTERNAL ORGANS.

THEIR LOCATION AND FUNCTIONS.

The human body is naturally divided into four cavities, which contain the most important organs of the body.

The first of these cavities is called the cranial cavity because it is within the cranium, or skull. It contains the brain and its membranes, the upper portion of the spinal cord, which is called the medulla oblongata, certain ganglia or little brains, and the commencement of nine pairs of nerves. The brain is in two parts, a greater and lesser brain. The greater brain is called the cerebrum, and is situated in the front and upper portion of the skull, nearly filling it. The smaller brain is called the cerebellum, and is situated in the lower and back portion of the cranial cavity.

It is the function of the brain to think and feel, to recognize the existence and relation of things, and to direct the organs of voluntary motion, using the nerves which originate in the brain and spinal cord as its means of communication with those organs.

The nerves of hearing, seeing, smelling, tasting, and feeling, all originate in the brain. The spinal cord originates within the cranial cavity, and is continued downward through the spinal column, sending off nerves between the joints of the various vertebral bones. The brain and spinal cord are both surrounded with membranes which may be diseased as well as the substance of the

brain and cord. The nerves, arteries, and veins, may be diseased also. The brain and cord and their membranes are liable to inflammation, congestion, the exudation of water or blood, or the formation of pus, to ulcers, tumors, abscesses, and cancers. The nerves of sense, and the mucous membrane in which each terminates, may be diseased.

Just above the outer angle of the eye and lodged within a depression of the bone that forms the roof of the orbit is situated the lachrymal gland, whose function is to secrete a watery fluid —the tears. There is at the inner corner of each eye a little canal, called the lachrymal canal, which communicates with the nasal duct. The nasal duct is within the bones of the face and nose, and terminates in the lower portion of the nasal cavity. These canals and ducts convey the water from the eyes to the nose. When these ducts become stopped, the tears flow slowly, but constantly.

Passing from the cranial cavity to the mouth, we find the tongue, palate, tonsils, fauces, teeth, salivary glands, all of which are liable to disease. The fauces are the extreme upper portion of the throat.

The tonsils are two glands situated on either side of the upper portion of the fauces. The tonsils secrete a fluid to moisten the throat. There are six of the salivary glands, whose function it is to secrete saliva. The two largest are situated on each side of the head just in front and a little below the ear. These are called the parotid glands. The two next in size are called the submaxillary glands, and are situated on either

side just below and a little in front of the angle of the lower jaw.

The two smallest, called the sublingual glands, are under the tongue, in contact with the lower jaw and near its center. Each of these glands is provided with a duct through which it sends its secretion, the saliva, to the mouth. The salivary glands may be inflamed, as in mumps, the tongue may be inflamed, as in mercurial salivation, the tonsils and fauces, as in quinsy. The principal organs of the throat are the pharynx, the œsophagus, the larynx, trachea, thyroid gland, several lymphatic glands, and blood-vessels.

The pharynx consists of about four and one-half inches of the alimentary canal, commencing immediately back of the mouth. The œsophagus is also a portion of the alimentary canal, and is about nine inches in length, and connects the pharynx with the stomach. This organ lies mostly within the thorax. The larynx is situated between the base of the tongue and the trachea or windpipe. By placing the thumb and finger on the throat, and at the same time swallowing, there will be felt a hard, cartilaginous tube, which rises as the action of swallowing is performed. This tube is the larynx, and contains the vocal cords, hence it is the organ of voice.

The trachea is the windpipe. It is a cartilaginous tube, about four and one-half inches in length and from three-quarters of an inch to an inch in diameter. It extends from the larynx to the lungs, where it divides into two branches, called the bronchial tubes. The thyroid gland is situated at the upper portion of the trachea. It consists of two lobes placed one each side of this tube. These lobes are connected by a narrow,

transverse portion. The function of this gland is unknown.

There is quite a number of the lymphatic glands in the neck. They are principally situated a little beneath the skin, underneath the margin of the lower jaw, and in front of, under, and behind, the ears, also a few at the sides of the neck, just below the collar bone. These glands become inflamed, and abscesses or ulcers are often formed if the person is scrofulous. The thyroid gland is liable to enlargement, as in goiter. The trachea, larynx, and pharynx, are liable to inflammation, as in croup, laryngitis, clergyman's sore throat, putrid sore throat, scarlatina, diptheria, etc.

The second cavity of the body is inclosed by the ribs, and separated from the abdomen by a large, thin, flat muscle, called the diaphragm. This cavity is called the thorax, which signifies a coat of mail, which the chest resembles.

The principal organs within the thorax are the heart, lungs, and large blood-vessels. It contains also the pericardium, which is a membrane surrounding the heart, and containing fluid to lubricate it; also the pleura, a membrane that covers the lungs and lines the entire thorax, and also passes between the lungs and attaches to the breast-bone in front, and to the spine, and divides the thorax into two cavities, thereby preventing both lungs from becoming useless, as would otherwise result in case an opening was made into one side of the thorax. The function of the pleura is to secrete a lubricating fluid to moisten and lubricate the organs within the thorax.

The bronchial tubes are the continuation of the trachea after it divides into two branches within the thorax. These again subdivide as they pass

into the lungs, and continue to subdivide until by their minute subdivisions and ramifications they form the air-cells of the lungs.

The heart is liable to a change of structure or texture as is seen in organic disease of the heart. It is also liable to functional derangement, as is seen in palpitation and irregularity of pulse. It is also liable to inflammation and to rupture. The pericardium is liable to inflammation, and to adhesion to the heart, and to dropsical effusion, as in dropsy of the heart.

The pleura is liable to inflammation, as in pleurisy, or it may throw out water into the thoracic cavity, as in dropsy of the chest. The substance of the lungs may be inflamed, as in pneumonia, or lung fever, or tubercles and abscesses may form in them as in tubercular consumption.

The mucous membrane of the bronchial tubes and air-cells may be inflamed, as in bronchitis, catarrhal consumption, and lingering consumption. The large arteries are liable to become weakened in places and give rise to blood tumors called aneurisms.

The third cavity is the abdomen. This contains the stomach, liver, spleen, pancreas, kidneys, small intestines, the most of the large intestine, the omentum, mesentery, and peritoneum. The stomach is the principal organ of digestion. It lies immediately behind the front wall of the abdomen under the lower ribs, and a little to the left. When moderately full, it is usually about twelve inches in length and four inches in diameter. The stomach is liable to inflammation or great irritation when anything improper enters it or when food ferments within it, and to become distended with gas, as in flatulency. Its secreting

vessels—the gastric follicles—may also become so diseased by overfeeding or improper feeding as to fail in the work of secreting gastric juice, and indigestion or dyspepsia is the result.

The small intestines are that part of the alimentary canal where the most of the nutritive portion of the food is separated from the innutritive portion and absorbed preparatory to entering the circulation. They are about twenty feet in length.

The first nine inches of the small intestine constitute the duodenum. It receives the food from the stomach, and the pancreatic juice, and the bile. After leaving the stomach, the food undergoes further digestion in the duodenum. The duodenum is liable to inflammation, caused by errors in diet, such as overeating or eating improper articles, or from acrid bile.

The next eight or nine feet of the small intestines form the jejunum, from jejunus—empty—because usually found empty after death.

The remainder of the small intestines is called the ileum—to twist—because of its numerous convolutions. The small intestines lie in the central part of the abdomen. They are liable to inflammation, colic, and spasmodic contractions.

The large intestine is about five feet in length. It commences on the right side at the lowest part of the abdominal cavity and passes upward to the liver, where it makes a short turn to the left, and passes transversely across the abdomen, passing thence downward along the left side of the abdomen into the pelvis, where it makes a fold upon itself somewhat like the letter Z or S. This fold is called the sigmoid flexure. After making this fold, it passes through the pelvis along the posterior wall and terminates at the anus. The

last portion is called the rectum. The large intestine is liable to acute inflammation, as in dysentery, cholera, etc., and to chronic inflammation, as in diarrhea, also to hemorrhoidal tumors or piles and ulcers in the lower portion. The intestines, if foul, may contain worms, or they may become torpid, and contain large quantities of hardened fæces, or they may be distended with gas or wind.

The liver lies under the last six ribs on the right side and extends across the central line of the abdomen partially under the ribs on the left side. Its function is to excrete the bile elements from the blood. These are transmitted through the bile ducts to the gall bladder and duodenum. The liver is liable to acute and chronic inflammation, to abscesses, congestion, and to a change of structure. Gall stones may form in the bile ducts and gall bladder.

The pancreas is a gland about six or eight inches in length, one and a half inches broad, and three-fourths of an inch thick. It lies behind the stomach. Its function is to secrete a digestive fluid called the pancreatic juice. This organ is liable to inflammation and tumors.

The kidneys are situated at the back part of the abdominal cavity on either side of the spinal column. The upper portion of the kidneys extends as high as the union of the last rib but one — the eleventh — with the spinal column. The kidneys may become inflamed, or gravel may form in them if hard water is used internally.

The peritoneum is the lining membrane of the abdominal cavity. It also covers each organ within the abdomen separately, and binds them

all down to the posterior wall of the abdomen, or to the diaphragm above. That portion of the peritoneum which collects the intestines into a convoluted mass is called the mesentery. There is a large double fold of the peritoneum that passes down like an apron in front of the intestines. This is called the omentum.

Within the mesentery there are certain glands called the mesenteric glands, whose function it is to assist in transforming the food into blood, the food being conveyed to them by the lacteal vessels, by which it is absorbed.

The peritoneum secretes a watery fluid to moisten the organs it enshrouds, and to keep them lubricated. When this membrane is inflamed, dropsy of the abdomen is liable to follow. When the mesentery or its glands are inflamed, the work of nutrition is imperfect. Tumors may form in the mesentery. Puerperal or childbed fever is a fever resulting from inflammation of the peritoneum.

The fourth cavity is called the pelvis. It is formed by the pelvic bones, and contains the bladder and rectum in males, and, in addition to these, the uterus, fallopian tubes, and ovaries, in females. These organs are liable to inflammation and displacements, which will be treated of hereafter.

CAUSES OF DISEASE.

There are two ways in which disease may be occasioned:—

First, by the introduction of improper substances, commonly known as poisons.

Secondly, by the misrelation or improper use of good things, or hygienic agents.

Of the poisons that may enter the system from without and thus become a cause of disease, the following are among those best known :—

Of inorganic poisons, alkalies, acids, salts, oxides, earths, metals, alcohol, and all other distilled and fermented liquors, poisonous gases, and malarious exhalations. The organic poisons may be of either vegetable or animal origin. Of the vegetable poisons, some of the most common are opium, tobacco, aconite, ipecac, colchicum, quinine, etc.

Of the animal poisons, we may mention the venoms, viruses, infections, cantharides—Spanish flies—castor, musk, etc. All the drugs and medicines of the entire materia medica of all the systems of medicine belong to one or the other of these classes of poisons. Whenever a person is called to treat the sick, he should, if possible, ascertain whether the disease was caused by the reception of some poison from without, and whether that poison is still entering the system; for it is evident that the most successful way to stop an effort of the system to cast out a poison would be to prevent any more of that poison from entering the system; then, when what had already entered was cast out, the action, or disease, would cease. This shows how it is that diseases are naturally self-limited.

The improper use, or misrelation, or abuse, of hygienic agents, may become a cause of disease by so changing the conditions of the individual that the impurities, or wastes of the body, or broken-down tissues, are retained in the system until it is clogged therewith, and a diseased action is set up for the purpose of expelling them.

A disease of this kind may be caused by insufficiency of air, by defective light, by living in constant shade, by extremes of temperature, by the inordinate use or misapplication of water, by food taken in improper quantities and at improper times, by too little or too much clothing, or clothing improperly adjusted, or by overexercise, indolence, sleeplessness, depressing mental influences, mental shocks, morbid religious sentiments, perverted moral influences, and mechanical injuries. If the misrelation of any of these otherwise hygienic agents is the cause of a disease, it is evident that, before the patient can recover, that cause must be removed by properly relating all hygienic agents to the system.

GENERAL RULES FOR NURSING THE SICK.

1. Begin in season. Do not let a sick person work, or go uncared for until he is compelled to take to his bed, before beginning to care for him.

2. As soon as a person begins to feel unwell, ascertain, if possible, what the cause is and remove it. This may be all that is required.

3. In most cases of acute disease, at the very first appearance of the disease, a tepid or warm bath will be beneficial by unclogging the skin and causing a slight determination of blood to the surface, thereby relieving any congestion of the internal organs. A tepid enema will usually afford relief by removing obstructions from the bowels; and a warm water emetic will relieve the stomach of any unusable matters it may contain, thereby removing nausea. Fasting for one or two meals will do more to promote depuration than anything taken internally can

do; and the rest and quiet thus obtained will often be all that the patient needs.

4. Preternatural heat can be reduced by applying either cold, cool, or tepid water, or wet cloths; and warmth can be induced by hot cloths, hot bricks, or by bottles or jugs of hot water, etc.

5. Always enjoin perfect quiet in the sick chamber, and let the patient sleep all he will.

6. Never allow any but the nurse to see or converse with patients who are very low. Many have been sacrificed by not observing this rule.

7. Never urge a fever patient to eat.

8. Keep the sick room well ventilated, day and night, but do not allow a current of air to strike the patient.

9. Never whisper within the hearing of the sick, for if you do, they will be very apt to think that you are talking about them, and will become anxious.

10. Never indulge in sad or melancholy conversation with, or in the presence of, the sick. Always appear cheerful yourself, and endeavor to keep them cheerful.

11. Never allow any fæcal or urinary matter, nor any other foul substance, to remain in the room with the sick for a moment.

12. Change or air the patient's clothes and bedding, daily.

13. Always keep the bowels free, the feet warm, the head cool, and the entire surface of the body as near the temperature of healthy persons as possible.

14. As soon as they are able to walk about, patients should be encouraged to take exercise in the open air.

15. Always see that the patient's limbs are clad

as warmly as the body, that the shoes are loose, that the garments are loose about the waist, and that corsets, stays, chignons, and all other injurious fashionable appendages are laid aside.

16. Never give very cold nor prolonged treatment to very weak or nervous patients.

DIET FOR THE SICK.

Food for the sick should be nutritious, easy of digestion, and free from oily or fatty substances. The following articles should be religiously abstained from : pork, fats, butter, salted or smoked meats, and in many cases, all kinds of meats, salt fish, and most kinds of fresh fish, lobsters, clams, and oysters, rich gravies, and greasy soups, mustard, pepper, spices of all kinds, vinegar, pickles, raw vegetables of all kinds, cheese, rich pastry and puddings, oily nuts, tea, coffee, condiments of every kind, rich preserves, hard boiled eggs, fried eggs, and fried food of all kinds, distilled and fermented liquors of every kind, and whatever else impairs or injures digestion.

If the patient is suffering with severe acute disease, he should take very little food, and that should be prepared in as plain and simple a manner as possible. This class of patients should subsist upon gruel made from some kind of meal ; such as wheat, oat, corn, or barley meal. It may be given without milk, or with the addition of one-third milk. Milk toast, dry toast, boiled rice, wheat-meal and oat-meal mush, ripe fruit, either cooked or uncooked, baked apples, etc., are all good food for the sick ; but they should be taken in small quantities by those who are suffering with febrile diseases.

As a general rule, chronic invalids will find it far better for their health to partake of food but twice in the twenty-four hours than to eat oftener. They should breakfast at from seven to half-past eight, A. M., and dine at from half-past one to three, P. M. Not more than three or four varieties of food should be eaten at one meal, and these should generally be preparations of some kind of grain, fruit, or vegetable. Fresh meat, such as beef, mutton, venison, etc., may be used occasionally in small quantities. Milk and cream may be sparingly used in cooking. Concentrated foods should not be used. They will not properly sustain life. Unbolted wheat-meal or oat-meal bread, mush, and cracked wheat, corn-meal bread, mush, and gruel, boiled rice, pearl barley, potatoes, apples, baked, raw or stewed, are all staple articles, and may be used freely; while green corn, hulled corn, parched corn, green and ripe peas and beans, and many other fruits, grains, and vegetables, may be frequently used.

There are, however, some forms of dyspepsia in which the unbolted wheat meal, corn meal, cracked wheat, and oaten grits, will prove very irritating, and cannot be used. This is the case in ulcerated conditions of the duodenum and rectum. Sometimes the liver, when in a diseased condition, excretes an acrid, corroding bile which corrodes the duodenum, or upper portion of the small intestine, causing ulceration of its mucous membrane. Then, again, the rectum sometimes becomes ulcerated, the ulcers being caused by piles. In either of these cases, unbolted wheat meal, cracked wheat, and other coarse articles of diet, will be very apt to irritate the ulcerated sur-

face and thereby increase the pain and also the purulent discharges.

Local quiet is very essential to the healing of the ulcerated surface of the intestines, therefore the diet, in these cases, should consist of a very small amount of farinaceous food with mealy potatoes, baked apples, grapes, and most kinds of subacid fruits. Arrowroot, tapioca, etc., may be used. Those who are dyspeptic should be careful to avoid all those articles of food which they have found to be injurious to them. They must not overeat, and should not usually eat both fruits and vegetables at the same meal. If their cases are very bad, they should use mostly dry food, such as dry toast, graham crackers, and parched corn, all of which should be thoroughly masticated.

Patients who are recovering from a severe acute disease usually have voracious appetites. Such persons will have to be extremely careful not to overeat, and not to indulge their appetites by using hurtful substances. Thousands sacrifice their lives yearly by not properly restraining their appetites while they are weak and unable to use much food.

Persons who have been accustomed to the so-called good things of this life will, without doubt, find it to be quite a trial to restrict themselves to a strictly hygienic diet; yet if they can become accustomed to such a diet, they will be amply rewarded in the end by improved health and strength. It is true, however, that many who have abjured drugs, and who have discontinued the use of flesh-meat, tea, coffee, etc., find themselves weaker than before making this change in

their diet. I have known several such persons, and they have brought their experience forward as proof of the unsoundness of the vegetarian theory. But in every case, when inquiry was made, it was found that mistakes had been made. In some cases, they had suddenly discontinued the use of articles that were stimulating, and restricted themselves to a meager diet; in other cases, they did not cook the food so as to make it relish; in still other cases, they substituted large quantities of sugar and cream or butter in place of the meat they formerly used. Such practice is all wrong. Break off from the use of meat gradually, and supply its place with good hygienic food, well cooked, and in good variety. Never overwork when making these changes, but graduate the work to the strength. Be sure to secure good unleavened bread.

THE DIAGNOSIS OF DISEASE.

To write out a set of rules by which every man and woman can determine at sight the nature of every disease to which flesh is heir, is a task that has never yet been accomplished. It is not to be expected that such a set of rules can be given, yet there are a few general principles that may be stated in such a manner that persons of average intelligence can read many of the diseases with which human beings are afflicted, in a manner to know just what ails the patient.

It is by the aggregate and succession of symptoms that a disease is detected, a symptom being any perceptible change that takes place in any organ or function.

It is the plan of this work, not only to give directions for treating disease, but also to give a description of the symptoms manifested in the various diseases and by which the location and nature of each may be known. This will be done by treating of each disease separately; yet, since there are certain general rules for determining disease, it may be well to give these first.

GENERAL RULES FOR DETERMINING DISEASE.

1. When the body is in health, there is a constant occurrence of certain well-known vital manifestations which are called the language of health.

2. When the body is diseased, some or all of the vital functions are disturbed; consequently, the vital manifestations are disturbed, *i. e.*, they differ from those which occur in health. These disturbed vital manifestations are the language of disease, and are called symptoms.

3. It is by noticing that the vital manifestations differ from those that occur in health that we discover that the body or any portion thereof is diseased.

LANGUAGE OF HEALTH.

When the entire body is in health, there is a uniform temperature of all its parts. There is neither chilliness nor sensation of heat, but an unvarying temperature at about 98°. The skin is soft, velvety, and clear. The appetite is not capricious, but relishes plain, wholesome food

without requiring that it should be seasoned with condiments. With the regularity of clock-work, it demands a moderate supply of food. The stomach digests the food so easily and so perfectly that after the food is once swallowed, the individual never thinks or knows anything more concerning it.

The bowels move with regularity and are neither too tight nor too loose. There is no rumbling to be heard in them nor motion felt, except in the act of defecation. The kidneys excrete the urine, which is retained in the bladder without the individual becoming conscious of it until by distention it presses on other organs or stretches its nerves, when cognizance is taken of its condition, and its contents are readily voided by painless micturition.

The circulation is regular, the blood being carried in an even and steady current to all parts of the body. The breathing is full and free and noiseless, the breath is sweet, and the mouth moist and clean. The vital organs all perform their functions in such an easy and perfect manner that the individual would never know by the sense of feeling that he had vital organs. The body is so perfectly maintained that from infancy to adult life it does not cease to grow, and after attaining to adult life it neither increases nor diminishes much in size or weight until it reaches old age. The sleep is undisturbed and refreshing. The senses are all acute, the mind is clear, tranquil, hopeful, and cheerful. The voluntary organs all act promptly to the dictation of the will, all the bodily sensations are pleasurable, and there is a love for exercise. Such is the language of health.

LANGUAGE OF DISEASE.

When the body is diseased, there will be a disturbance of some or all of the vital manifestations, and to determine the nature and severity of the disease, we must carefully watch the vital manifestations, and note wherein they differ from those which take place in health.

The following manifestations are the language of disease, and some of them always occur when the body is diseased. The temperature of the body may be disturbed by being too high or too low, occasioning chilly sensations, or burning fever. The skin may be dry and husky, and may even crack or scale, or it may lack clearness, being clogged with impurities. The appetite may be craving, or there may be loss of appetite. It may be capricious, and relish only highly-seasoned food, or it may call for stimulating food and drink. The stomach may act in a disturbed manner; there may be either cramping, heartburn, nausea, vomiting, eructations, heat, or pain.

The bowels may be irregular, being either constipated or loose, with either bilious, watery, bloody, or slimy discharges, or wind may accumulate in them.

The kidneys may excrete a thick, stringy substance with the urine, or they may fail to excrete a proper amount of urine, or they may excrete too great an amount. The bladder may refuse to retain but a small amount of urine, which may be voided with great difficulty and pain, the urine being hot; or there may be failure to retain the urine, or there may be an undue retention of it, causing great pain.

The circulation may be disturbed, as indicated by the pulse, which may be too high or too low, too fast or too slow, too strong or too weak; it may be full, or wiry, or too frequent, or irregular. The breathing may be oppressed, or the breath may be short, or it may have an offensive smell. There may be mucous or slimy discharges from the throat or lungs; the mouth may taste bad, or may be dry, or the tongue may be coated. There may be wasting of the body, or an abnormal filling up with fat. Some of the senses may be faulty, or the mind may manifest unusual activity, or stupidity, or insanity, or despondency. There may be involuntary contractions of the muscles, amounting to cramp, spasms, or even convulsions. The bodily sensations may be unpleasant, and even painful. The sleep may be disturbed and unrefreshing, the individual being restless or nervous. There may be a feeling of listlessness, and an antipathy against taking exercise. Such manifestations as the foregoing indicate that disease exists, hence they are the language of disease.

HOW TO LOCATE A DISEASE.

As has been previously shown, disease is abnormal vital action—an unusual or disturbed action of some or all of the organs—therefore, to determine the location of a disease, all we have to do is to apply the general rules before-mentioned to the various organs, and ascertain what organ or organs are acting abnormally, then we can tell where the disease is located; for the abnormal action is the disease. We must not close our investigation, however, as soon as we find

that a certain organ is diseased; we must continue the investigation until we have compared the present vital manifestations of each organ with those that are known to proceed from that organ when it is in health; then, taking the aggregate of all these abnormal or unusual actions, we can tell just what organs are diseased.

THE NAMES OF DISEASES.

Any deviation from the healthy standard, either of vital action or of organic structure, is disease. Now, as the number of these deviations (in other words, the whole number of diseases), if we include all their differences in kind and degree, is scarcely calculable, it follows that any attempt to enumerate, name, and describe, each separately would be an endless task, for it is seldom that any two individuals ever manifest exactly the same symptoms, or are diseased just alike; therefore, we shall group them together and present them in some order. Many persons have read in their water-cure manuals a description of a disease and its treatment, yet when they come to the bedside they perhaps find that the symptoms manifested by the patient vary somewhat from those laid down in the book, and they are at a loss to know with what disease the patient is suffering. They think that if they only knew the name of the disease they would know what to do, but they do not know how to find out with what disease the patient is troubled.

It is to be hoped that whoever reads these pages will not be satisfied with learning the names of various diseases, but that they will endeavor to learn the conditions of body that are signified

by these names, and then, by reflecting upon the deviation of these conditions from those which occur in health, try to understand what condition should be supplied, or what hygienic agent applied, or what bad habit corrected—in other words, what principles of treatment should be adopted to restore the patient to health. If we understand the exact conditions of the various organs of the body when in disease, it does not matter whether we know the name of the disease or not, nor whether the disease has a name, for the name of a disease is only intended to express certain conditions or actions.

CLASSIFICATION OF DISEASES.

Probably the most convenient classification of diseases for the general reader will be as follows:—

General Diseases, and
Local Diseases;
Acute Diseases, and
Chronic Diseases.

A general disease is one which is not confined to any special locality of the body, but is one in which more or less of the entire system is involved.

A local disease is one which is confined to some special organ or system of organs.

An acute disease is one which, with a certain degree of severity, has a rapid progress and short duration.

A chronic disease is one whose progress is slow and whose duration is long.

Diseases which are intermediate between acute and chronic are sometimes called subacute.

GENERAL DISEASES.

There are many diseases that affect the general system, but as this work is intended simply as a hand-book for home practice, and not as a complete text-book for the medical practitioner, therefore those diseases only will be introduced that can be treated at home with some degree of success.

MORBID CONDITIONS OF THE BLOOD.

The blood is the vital fluid from which all the tissues are built, and it is evident that, for the tissues to be properly maintained, the blood must be of the proper quality and proper quantity. This is not always the case however, for it frequently happens that there are individuals who have too much blood, others who have too little or whose blood is thin and watery, while others are subject to excessive hemorrhages, and still others who have other abnormal conditions of blood; but as such of the last as can be successfully treated at home will be mentioned in connection with other diseases, they will not be noticed here. The first morbid state of the blood that we will notice is that known as

ANÆMIA.

This term signifies poverty of the blood, or a condition in which the blood is thin and watery. If the blood of an anæmic patient be examined, it will be found deficient in red blood corpuscles. Instead of these existing in the proportion of 130

per 1000 parts as in health, they are reduced to 80 or even 60, and in severe cases even to 30. The red blood corpuscles are the ones that convey oxygen from the lungs to the various tissues, and convey the carbonic acid from the tissues to the lungs for expulsion. Hence, it is highly important that there should be a normal supply of these. This disease is not confined to age or sex. It is met with where the digestive functions are imperfectly performed and in connection with many other serious chronic diseases.

SYMPTOMS.—There is a pale and waxy or sallow hue of the countenance, and of the skin generally; the lips, also the tongue and the inside of the mouth, are nearly colorless. The pulse is frequent, small, and quick, sometimes very quick. There is much pain in the top of the head and frequently in the front portions. Mental depression is generally a prominent symptom. Moderate mental excitement or bodily exertion is attended by a sense of sinking, or faintness. There is palpitation, with hurried breathing. Moderate exercise will increase the frequency of the pulse in some cases to double the beats per minute. The patient feels a lack of breath; this is because there are so few red blood corpuscles to absorb the oxygen and convey it to the tissues. Anæmia is also frequently attended with severe hemorrhage. When anæmia is of long continuance, a general wasting of the tissues sets in, also dropsy, difficult breathing, diarrhea, and profuse sweating, and then death soon follows, either by gradual exhaustion, or more suddenly by syncope, convulsion, or coma.

CAUSE.—In most cases, this impoverished condition of the blood is brought about by improper

habits of life, such as improper food, breathing impure air in close, unventilated rooms, want of sunlight, insufficient clothing or clothing improperly adjusted, the wearing of tight garments about the waist, and by lack of exercise. Excessive hemorrhage is also a frequent cause of this disease. It is also occasioned by taking drugs, such as antimony, mercury, or active purgatives.

TREATMENT.—The first thing to be done is to ascertain, if possible, the cause, and remove it, then attend well to the diet. The food should be nutritious and should be composed of fruits, grains, and vegetables. See Diet for the Sick.

The clothing should be so adjusted that the limbs will be as warmly clad as any part of the body. Every garment should be suspended from the shoulders and should be loose about the waist. Exercise in the open air should be taken each day, always stopping short of fatigue. Walking is the best exercise. An effort should be made to increase the amount of exercise day by day until the patient is able to walk five or six miles each day without fatigue. In addition to the foregoing, the patient should take a tonic bath two or three times a week. The dripping-sheet at 85° or 95° is as good as any, or, if convenient, the spray at 95°, or the pail-douche at 85° or 95° These baths will tone up and strengthen the system. If the patient has cold feet, they should be bathed with cold water for two minutes at a time, then wiped thoroughly dry, and rubbed with the dry hand until perfectly warmed. A dry-hand-rub every morning on or before rising will be found very beneficial. This is a chronic disease, and it will require both time and perseverance to work a cure.

CHLOROSIS.

This term is applied to a disease that is sometimes called green sickness, a disease which frequently affects young women about the age of puberty, or soon after. There seems to be much confusion concerning the nature of this disease, many attributing it to disordered menstrual and sexual functions, as in most chlorotic women the menses have never occurred, or, if they have occurred, they have either been suppressed, or they are scanty, irregular, and pale. There can be no doubt that suppression is the result of chlorosis and not the cause of it.

In chlorosis, the blood is impoverished and is in the same condition as described in Anæmia, the two diseases being the same. The reason that the menses do not occur at the age of puberty in chlorotic women is, their blood is so depleted that they have not sufficient life to provide for their individual maintenance, and at the same time make provision for offspring, which is the object of menstruation. The reason why so many are affected with anæmia or chlorosis at about or soon after the age of puberty is, at that age they, in some instances, overtax the mind by excessive study; in other cases, it is because the body is developing faster then than at any other age, and is more easily affected by overwork or excitement of any kind, and any sudden change affects the constitution seriously.

TREATMENT.—The same in all respects as for anæmia.

PLETHORA, HYPERÆMIA.

These terms signify a superabundance of blood. Some authors speak of local hyperæmia as existing whenever some one or more organs contain too much blood, other organs at the same time containing too little. The fullness in these cases is simple congestion, and will be noticed under that head.

Symptoms.—When general plethora exists, there is an excess of blood in all parts. The face appears full or swollen, and has a purplish tinge.

The eyes appear rather small, the pulse is large, somewhat hard, and resistent. The veins are swollen, and in some cases the individual becomes quite fat; but this is not always the case, and besides this, many fleshy persons suffer from a deficiency rather than from an excess of blood. Plethora occasions lassitude and indolence; a desire for sleep, which is often accompanied with snoring and dreaming; a liability to vertigo and headache, and sometimes hemorrhage, especially from the nose, and from piles or hemorrhoids if they exist.

In plethora, the blood may be healthy and pure, but there is too much of it, and there is danger that some of the capillaries may be ruptured, which might result in serious consequences if the blood pass into the tissues of the brain or some other vital organ.

Cause.—The most frequent cause of plethora is too free living and too little exercise. A person with strong and large digestive organs is liable to overeat. If such a person takes more nourishment than he requires, there will be more blood made than can be used. If he takes too

little exercise, or is of sedentary habits, his tissues will not change as fast as they should, hence, from these two causes, there will be an excess of blood.

TREATMENT.—The treatment of this disease is indicated by its cause. Active out-door exercise is of the utmost importance. Care should be taken at first not to heat the system. Begin by taking gentle exercise of any kind, and increase gradually, always carrying it as far as possible without fatigue; for it is important that a change of tissue should take place, and this can be accelerated by exercise. A spare diet is as essential as exercise. The food must be plain, and should be taken in as small quantities as the actual demands of nutrition will allow. A dripping-sheet at 75° or 85°, or a sponge-bath at 75°, followed by a dry-sheet rub, should be taken once a day for a few days, then skip a day and take the bath every alternate day thereafter for a few weeks, unless it be found that they weaken the patient.

HEMORRHAGE.

The escape of blood from the vessels in which it is naturally contained constitutes hemorrhage. Hemorrhage may be caused by cutting, or otherwise wounding, the arteries and veins. Such bleeding, if the vessels cut are quite small, will generally stop spontaneously; if it does not, bind the part. If an artery of some considerable size is cut (it may be known by the size of the stream and by the bright-red color of the blood), it should be tied. To prevent loss of blood while waiting the arrival of a surgeon, tie a handkerchief, or a strong bandage, about the

wounded limb between the wound and the heart; tie sufficiently tight to stop the bleeding. If the wound is on the body, find the artery and make pressure at some point between the wound and the heart until it can be tied. If the blood flows in a steady stream, without jerking, and is of a dark-red color, it is simply venous blood, and the hemorrhage can be stopped by binding on lint.

Another form of hemorrhage is that occasioned by some constitutional difficulty. It may result from tubercle, or cancer, as these occasion decay of the tissues and coats of vessels; or it may be occasioned by excessive congestions, or inflammations in which some of the smaller vessels are ruptured; or it may be caused by anæmia (poor blood), in which condition the tissues are all poorly maintained. This is especially the case with the coats of the capillary vessels, and they give way very easily.

For these reasons, hemorrhage frequently occurs in persons with the above conditions. Hemorrhage is not confined to any particular part of the body, but may occur from any organ or tissue.

Cause.—The immediate causes of hemorrhage in most cases are heat, violent mental excitement or muscular exertion, the use of stimulants, exposure to various irritants, excess of blood, and poor blood. Sometimes there is a hereditary weakness of the coats of the vessels, in which case a very trifling cause will induce bleeding.

Prognosis.—If the blood flows into the substance of any of the vital organs or into the cavity of any of the membranes that surround the vital organs, or if it occurs repeatedly in a person whose blood is thin, or whose blood-vessels are

weak, there is very little probability of entirely overcoming the difficulty, even if death does not soon result. In other instances, death is very rarely the result.

General Treatment.—We should seek to excite contraction of the bleeding vessels and to balance the circulation by inducing a more copious circulation in organs or parts of the body remote from the bleeding part. The application of ice or cold water to the bleeding parts, or as near them as possible, will contract the vessels, and the application of warmth to parts remote therefrom will promote an increase of blood in those parts. A free current of air applied to the bleeding vessel will often cause the blood to coagulate in the part. As soon as the coagulum is formed in the vessel, the bleeding will cease. In endeavoring to control any form of hemorrhage, the patient should be kept as quiet as possible. His room should be kept cool and well aired. He should rest on a mattress without much covering, and subsist on simple, yet nourishing, food, and should drink freely of cold water or ice water, while the position of the body should be such that the flow of blood toward the bleeding part will be impeded. The after treatment should be such as will build up the constitution. Copious hot enemas are very useful in stopping hemorrhage from any organ.

BLEEDING AT THE NOSE—EPISTAXIS.

This should not cause alarm unless the patient is known to have thin, watery blood (see under head of Anæmia), or unless it occurs in advanced life, or comes on during the progress of some dis-

ease. But if it comes on in advanced life, it should cause alarm, unless the person has a tendency to apoplexy, in which case it may do no harm.

TREATMENT.—Apply cold water or ice to the bleeding part and to the back of the neck; keep the head exposed to cold air. Elevating the arms will frequently stop nose bleeding. Another good way is to press on the facial arteries. These may be found by moving the finger along the under side of the lower jaw from the chin backward, until a notch is felt about three-fourths of an inch forward of the angle of the jaw; at this point, the facial artery, which supplies the nose with blood, passes over the jaw-bone. By pressing firmly on the artery on both sides of the face, the blood is prevented from reaching the nose, consequently, the bleeding must cease. There are, however, occasional cases in which these arteries connect with arteries within the head after entering the nose; in such cases, pressure on the facial arteries will be useless; in all other cases it will be successful. When other means fail, the hot foot-bath should be resorted to, also plugging the nostril, being careful to insert the plug back of the bleeding vessel, otherwise, the blood would run into the mouth and throat.

BLEEDING FROM THE LUNGS—HÆMOPTYSIS.

When bleeding occurs in the lungs or bronchial tubes, the blood is generally raised by coughing. It is generally frothy and of a bright-red

hue. The quantity expelled may vary from a simple streak mingled with mucus or a minute clot or two, to one or more pints. The hemorrhage very rarely proves fatal at once, though it hastens death if much blood is lost.

TREATMENT.—The hemorrhage should be checked as speedily as possible. The patient should be put to bed with the head and shoulders elevated, and should keep perfectly quiet; he should not be excited, but should dismiss all fear, for mental excitement will increase and prolong the bleeding. He should swallow sips of cold water, ice water, and occasionally bits of ice, and a cold compress should be kept over his chest, a hot fomentation should be applied to the spine at the same time. The limbs and feet must be kept warm. If there is congestion of the lungs, a hot foot-bath should be given, or the patient should be enveloped in a very thick woolen blanket, wrung out of hot water and applied as hot as he can possibly bear it. The extremities must be kept warm. A sitz-bath at from 98° to 105°, or a hot leg-bath at the same temperature, will frequently check the hemorrhage without any other treatment.

BLEEDING FROM THE STOMACH—HÆMATEMESIS.

When this occurs, the blood is usually vomited in large quantities; it is not frothy, as it is when it comes from the lungs; it is frequently mixed with food. Inexperienced persons often find great difficulty in determining between bleeding from the lungs and air passages of the throat, and bleeding from the stomach and meat-pipe.

To enable the reader to distinguish between them, we subjoin the following table of symptoms of each :—

SYMPTOMS OF BLEEDING FROM THE LUNGS.	SYMPTOMS OF BLEEDING FROM THE STOMACH.
Difficult breathing.	Nausea.
Pain or heat in chest.	Weight, pressure, and uneasiness, in region of the stomach.
Blood coughed up in mouthfuls.	Blood vomited profusely.
Blood frothy.	Blood not frothy.
Blood bright-red color.	Blood dark-red color.
Blood mingled with mucus.	Blood mingled with food.

TREATMENT.—The treatment for bleeding at the stomach should be in all respects as that for bleeding at the lungs, except that solid food should be abstained from. In both of these diseases it is important to attend well to the general health. See Constitutional Treatment.

BLEEDING FROM THE KIDNEYS AND URINARY PASSAGES—HÆMATURIA.

This may arise from the presence of stone in the bladder or kidneys, or in the tubes that convey the urine from the kidneys to the bladder, or it may be caused by inflammation of the bladder or kidneys.

TREATMENT.—If inflammation exists, it must be reduced. See Inflammation of Urinary Organs. Cold or cool sitz-baths and injections are the local appliances. The general health should be well attended to.

BLEEDING FROM THE RECTUM.

This is usually caused by inflammation of the mucous membrane of the rectum, or the large intestine, or from hemorrhoids or blind piles.

TREATMENT.—Take cool sitz-baths for five or eight minutes at 75°, followed by brisk hand rubbing, or the hot sitz-bath, followed by cold. Ice may be introduced into the rectum with advantage if the bleeding surface is low down, or cold injections may be taken once a day, or a hot enema once a day with water at 105° Fahrenheit.

UTERINE HEMORRHAGE.

There are two kinds of uterine hemorrhage. The first that we notice is called menorrhagia. This is simply an increased flow of the menses. The second is called metrorrhagia. The last is bleeding, independent of the menses, and is the proper uterine hemorrhage. The diseases which give rise to this difficulty are cancer, polypus tumors, congestion, and inflammation.

TREATMENT.—If a polypus tumor exists, a surgeon should be called, and the tumor removed. In other cases, ice or cold water applied, or a cold sitz-bath for a few minutes, or a hot sitz and foot-bath, or even the introduction of air to the bleeding parts, will usually be all that is required. The coldest water or ice, in a bladder or rubber bag, should be kept over the lower part of the abdomen, with heat to lower part of spine. If these appliances do not stop the bleeding, the vaginal canal should be packed with a sponge or soft napkin. If the bleeding is consequent upon childbirth, the plugging must not be resorted to.

The hot foot-bath, and cold to the abdomen, and air to the bleeding vessels, and heat to the lower part of spine, are the appliances to be used. In the first variety give the warm foot-bath.

CONGESTION.

The term congestion denotes an abnormal accumulation of blood in a part. It may or may not be accompanied with pain; it is not accompanied with either heat or redness.

CAUSE.—Anything that will occasion an unbalancing of the circulation may cause congestion. The vital organs may become congested by chilling the surface or extremities, or by wearing tight garments, or by the use of stimulating food. The brain may become congested by excessive mental labor, or anxiety, or by constipated bowels. In the last case, the overloaded bowel presses against the artery which carries blood to the lower extremities, and partially closes it, thus preventing the blood from flowing as freely through this artery as it otherwise would; the heart in the meantime does not slacken its action, consequently, at every beat it forces more blood to the brain than it would were the lower arteries unobstructed.

TREATMENT.—There are three ways in which congestion may be treated, either of which, in some cases, may be successful. It will be best, however, in all serious cases, to combine the three modes.

1. Remove the cause, whatever it may be.

2. Apply cold to the part, which will contract the capillaries, and force the blood along, and prevent the reception of an oversupply.

3. Apply warmth or heat to some other part of the surface or to the extremities, thereby inducing temporary congestion in them; this will relieve the previously congested organ. The heat should not be continued long at any one time.

INFLAMMATIONS.

Every part of the body is liable to inflammation, and there are very few diseases in which there is not more or less inflammation in some part of the body. Hence, a knowledge of the nature of inflammation will serve as a key to the comprehension of the nature of a very large number of diseases.

In very many diseases, inflammation of some part of the system is the immediate cause of the disease, consequently, in treating any disease in which inflammation is one of the conditions, we should seek to reduce the inflammation.

Symptoms.—Inflammation is a disease which is characterized by pain, swelling, heat, and redness. Inflammation in different situations has points of difference relating to the structure affected, and it presents diverse modifications dependent on other circumstances than its seat. Nevertheless, there are features common to acute inflammation wherever seated, and under all circumstances, sufficient to enable us to identify the disease.

A part may be swollen by an accumulation of water or of air therein, as in dropsy and emphysema—wind dropsy—yet there may be neither pain, heat, nor redness. We must not confound these conditions with inflammation. Both may

exist without there being any inflammation in the part.

Neither must we confound inflammation with congestion. Although the last always precedes inflammation, it may exist independent of it. Congestion is simply the swelling of a part, caused by an accumulation of blood; and although pain may exist, there is neither heat nor redness.

Whenever the circulation is disturbed from any cause, there must of necessity be, relatively, more blood in some parts of the body than in others. Some organs become congested with blood which is not passed on readily because of the relaxed condition of the capillary vessels.

Whenever inflammation terminates by simple subsidence, it is said to terminate by resolution. In such a case, the congestion increases until some portion of the blood stagnates in some of the capillary vessels toward the center of the affected part. In a short time, preternatural heat is occasioned by the activity of the tissues to move the blood onward, and the part is then said to be inflamed. If the heat is not very great, nor continued for any considerable time, there will be no leakage of the blood nor of any of its constituent parts, nor any change in it. The inflammation begins to recede, the stagnant but still fluid blood is again set in motion, the rapidity of the circulation in the surrounding vessels diminishes, and the part returns in all respects to its former condition. This may be properly called the spontaneous cure of inflammation, and to this event there seems to be always a natural tendency, which may be promoted by proper treatment.

Whenever the heat of inflammation is great or is long continued, other events than resolution will be liable to occur. The first we notice is the pouring out of the watery portion of the blood into the loose tissues. Sometimes some of the small vessels give way and hemorrhage into the part becomes an event of inflammation. It is supposed that this occurs in a greater or less degree in most cases of inflammation.

A third event of inflammation is the pouring out of the fibrine or coagulable lymph (that portion of the blood from which the tissues are built) into the loose tissues or upon the inflamed surface. When this lymph is poured out in certain locations, the parts become thereby adhered. In some cases, organs have been united firmly to other organs or to the walls of the cavity in which they are contained. If the lymph is poured out of the vessels among the tissues, it glues them together, and the organ becomes hard, and is said to be indurated.

A fourth event is the formation of pus, and is called suppuration. In this case, the lymph undergoes a change, occasioned by the excessive heat of the part or by a less degree of heat long applied. There are two kinds of pus; the first of which is called healthy, because it has not undergone decomposition. It consists of yellow globules diffused through a watery fluid, and is an opaque, smooth fluid of the consistence of cream, and has little or no smell. The second kind of pus is called ichorous. It is a thin watery, acrid pus, containing decomposed matter.

A fifth event of inflammation is ulceration. This occurs when in the process of suppuration,

some of the tissues become decomposed, and an open sore is produced.

A sixth event of inflammation is gangrene, or the death of the part.

RATIONALE OF INFLAMMATION.

Inflammation, like all other diseases, is the effort of the vitalized tissues or organs to expel impurities or poisons from the system, or to protect it from injurious mechanical, chemical, or vital irritants. This is proved by the fact that when any foreign body or substance becomes so firmly imbedded in the flesh that it cannot be removed by absorption, the part becomes inflamed, and pus is thrown around it, and by thus forming an abscess it is prevented from coming in contact with the living tissues. Or, if a part of the body becomes dead, the living parts, if possessed of sufficient vitality, immediately separate the dead portion by throwing out pus between the living and the dead, and the dead portion soon sloughs away, and behind the pus which protects the living parts, granulations, or a new growth of flesh, take place, healing the part.

VARIETIES OF INFLAMMATION.

Inflammatory affections may be divided into several distinct kinds. That form which is definitely limited, and which tends to suppuration, as in the case of boils and abscesses, is called phlegmonous. That kind which is attended with eruptions, rashes, and extensive ulcerations, is called erysipelatous.

If the inflammation tends to produce a preternatural membrane on any of the mucous surfaces,

as in croup or diptheria, it is called catarrhal or membranous inflammation. If the inflammation is confined principally to the glands or to the serous membranes lining the cavities of the body, it is called scrofulous or strumous. When confined to the structures of the joints, it is called arthritic.

Inflammation is also divided into acute, subacute, and chronic. The first is attended with general fever; the second, with an occasional slight febrile paroxysm, while the third is not attended with any general disturbance.

GENERAL TREATMENT OF INFLAMMATION.

In treating inflammation, it is desirable to restore the inflamed parts to their normal condition before any of the serious events previously mentioned shall have occurred. To do this, care must be taken to remove the cause, whatever it may be. The diet must also be regulated, and all stimulating or irritating substances, also all concentrated substances and condiments, must be withheld therefrom. Feed the patient on plain, nourishing food.

If the external surface is the part inflamed, cold wet cloths should be applied without interruption in the early stages, with a view to reduce the inflammation before suppuration takes place. In this case, the cold cloths should be changed as often as they become warm. There may be cases in which cold will cause pain; in such cases, make a tepid application. In some cases it will be impossible to prevent suppuration from taking place, in which case, as soon as

it is ascertained that pus is forming, the cold applications should be dispensed with, and hot applications or warm poultices applied instead, if the inflammation is external.

If the inflammation is deep seated, or is in some internal organ, hot fomentations should be applied over the part once or twice a day for from fifteen minutes to half an hour or more, followed by cold applications for from three to five minutes; or, the hot and cold applications may alternate. A cool wet cloth should be applied at all times when the fomentation is not applied. If the feet and limbs are cold, apply a hot foot-bath. If the patient is strong, a warm bath of any kind for ten minutes may be given twice a week; but if he is weak, give the half-bath at 90° or 95° for ten minutes, or the dripping-sheet at 92°, or, if he is very weak, give the sponge-bath.

Local inflammation will be treated under the head of local diseases.

DROPSY.

This word signifies an accumulation of watery liquid in some of the natural cavities of the body, or a diffusion of this fluid through the loose tissue, or both. It is an important symptom of other diseases, for water can never collect unless some of the tissues are diseased.

There are certain cavities in the body which do not open externally, neither do they communicate with other cavities, nor with each other by any opening. These cavities are each lined with smooth and delicate membranes, called serous membranes, whose office it is to secrete a smooth serous or watery fluid for the purpose of

keeping the organs contained within the cavity well lubricated.

In health, there is a constant secretion of this fluid, yet it does not accumulate, for it is absorbed as fast as it is poured into these cavities. There may be two conditions in which this water may be caused to accumulate. The first, which is called active or acute dropsy, is caused by an inflamed condition of the serous membrane. This causes an excessive amount of the fluid to be poured out. The second is called chronic or passive dropsy, and is occasioned by deficient absorption caused by an inflamed, congested, torpid, or otherwise diseased condition of some of the vital organs.

Such being the case, it is evident that anything which can induce irritation, congestion, or a slight degree of inflammation of the serous membranes, such as cold, the sudden repelling (striking in) of skin diseases, the changing of the seat (metastasis) of gout or rheumatism (this is caused by taking drugs), etc., will occasion acute or active dropsy. Secondly, whatever weakens the tissues or impoverishes the blood, as insufficient food, loss of blood, or exhausting disease. Thirdly, anything which obstructs the circulation and causes a retention or sluggish movement of blood in the veins, as the closing of the veins by inflammation, or the pressure of swollen or inflamed organs. The pressure caused by tumors, as well as organic disease of any of the vital organs, will frequently cause chronic dropsy.

If dropsy occurs within the skull, it is called hydrocephalus, or dropsy of the brain. If it occurs within the chest, or thorax, it is called hydrothorax, or dropsy of the chest. If within the

pericardium—the membrane that surrounds the heart—it is called hydropericardium, or dropsy of the heart. If it occurs within the peritoneum —the membrane which lines the abdominal cavity—it is called ascites. If the water is collected within the coats of the testicle, it is called hydrocele. If the water is generally diffused throughout the loose tissues of the entire body, it is called anasarca, or general dropsy. If the dropsy is confined to the feet, or to any other small locality, it is called œdema.

Acute dropsy, or that form which is produced by active inflammation of the serous membranes, will generally end favorably soon after the inflammation of the membranes subsides, but that which supervenes on other diseases is rarely curable.

General Treatment.—In treating dropsy it is important to know its cause. In the acute form, the treatment must be such as to allay the inflammation. This will be spoken of in connection with local inflammations. In treating chonic dropsy, we should seek to improve the general health of the patient by a careful compliance with all of the laws of health. The accumulated water may be removed by occasional sweats taken perhaps twice a week, also the wet-sheet-pack may be taken once a week and the hot-air or vapor-bath once. Warm clothing should be worn at all times. In addition to the above, the patient should take constitutional treatment, which see. In many cases, the water accumulates so as almost to prevent breathing. In such case, it is necessary to draw the water off by tapping.

SCROFULA.

The term scrofula comes from the word scrofa, which signifies a sow, because swine were supposed to be especially subject to swellings in the neck. This term is used to designate a peculiar primary, constitutional disease, which may result either in the formation of tubercles or in some specific form of inflammation or ulceration. The peculiar condition of the system that lies at the foundation of these varieties of this widespread disease is called the scrofulous, strumous, or tuberculous diathesis. This term simply signifies a frail, delicate, infirm, lax organization with weak depurating organs. In the early stages of this disease, tubercles are developed.

The word tubercle signifies a knot, or excrescence. A tubercle is a small tumor or morbid growth in the substance of an organ. It differs from the tissues, yet it has some vitality. It is somewhat of the nature of the wart. At first, the tubercle is a gray, tough, compressible, semi-transparent substance, resembling in appearance the millet seed.

For a time, tubercles have a low vitality, but after a while, they die and are decomposed into a yellow, cheesy mass. These tubercles have been found in various organs. The following is the order of frequency in which various organs were found affected, by Williglk, who examined 1317 cases of tuberculous diseases.

The lungs were the most frequently affected, next, the intestines, mesenteric glands, larynx, lymphatic glands, peritoneum, spleen, kidneys, pleura, liver, air passages, bones, genital or-

gans, brain, membranes of the brain, urinary passages, heart case, stomach, bowels, skin, muscles, tongue, pharynx, pancreas, and heart. It will be seen that every organ is liable to be the seat of tubercles. When these tubercles break down, they usually form abscesses or ulcers. Sometimes the decomposed tubercles are gathered up by the lymphatic vessels and carried to the lymphatic glands (generally of the neck, or those under the arms, or in the groins), where they are lodged. These glands soon become inflamed and an abscess forms which soon becomes a foul, running ulcer, and is very hard to heal. If the tubercles form in the lungs, the disease is called tubercular consumption. In this case, abscesses form in the lungs. If the tubercles form in the mesentery—the fatty membrane that binds the intestines together—abscesses form, and mesenteric consumption, or consumption of the bowels, is the result.

Tubercles of the skin are usually formed in the face. There is to be seen an innumerable number of small, red eminences, which are hard and of a bright color. These occasionally become disorganized, and discharge pus until the tubercle is all removed, after which the sore heals.

The scrofulous diathesis is very easily recognized. The child has a pale and pasty complexion, large head, narrow chest, protuberent belly, weak and flabby muscles, and is apt to have sore eyelids, or sore ears, or sores about its face and neck. Scrofula may develop at any period of life in those who are liable to it. The special causes most frequently assigned for its appearance are hereditary influences, impure air, im-

proper food, cold, damp atmosphere, and syphilitic affections.

By hereditary influences is meant that the child has inherited a weak constitution—weak vital organs—from his parents.

TREATMENT.—It is evident that all those causes which induce this disease must be sedulously avoided. The patient should have an abundance of pure, fresh air and clear sunlight. He should have an abundant supply of nutritious food, which should consist principally of fruits, grains, and vegetables. Greasy and oily food is particularly bad in this disease, and should be avoided. Milk, if pure, is not objectionable when cooked with other food. The patient should exercise daily in the open air according to his strength. He should bathe two or three times a week. The form of bath is immaterial. It may be the tepid full-bath for ten minutes, or the half-bath, or dripping-sheet, or any of these alternated with the wet-sheet-pack. If there is fever, the cool full bath or pack may be taken once or twice daily as long as the fever lasts. The bowels must be kept free by the use of proper food or with enemas. The patient should take a sun-bath daily. Cold wet compresses should be constantly applied to the tumors so long as they manifest heat, redness, or pain. Nothing but the strictest observance of the laws of health will enable a person to overcome this disease. See Constitutional Treatment, and bathe as there directed.

CANCER.

This distressing malady makes its first appearance as a hard tumor. At first, it cannot be

determined with certainty that it is a cancer, but after remaining dormant for a time (this may vary from a few weeks or months to many years), it increases in size, and growths called roots are seen proceeding from it into the surrounding tissues. After a time, the tumor becomes painful, the pains being sharp, or lancinating, and, finally, it becomes an open ulcer, discharging fetid, watery matter. The skin becomes tawny or straw colored, and the general health soon gives way.

Of the cause of cancer, little is known. All classes of society are subject to it. It appears, however, that those who are descended from cancerous, scrofulous, or consumptive parents, are more liable to it than others.

TREATMENT.—It is seldom that cancer is cured, yet palliative treatment may be so administered that life may be prolonged. The great point is to keep the constitutional powers up to as near the standard of health as possible, which can only be accomplished by nourishing food, pure air, warm clothing, personal cleanliness, mental occupation, and a strict observance of the laws of life and health. In the incipient stages, cancers, as well as other tumors, are often removed by absorption induced by an abstemious diet. It is not meant by this that the patient should so far reduce himself as to become weak, but that he should use the best and most wholesome food in as small quantity as the demands of nutrition will allow. In all other respects, the general treatment pointed out for scrofula should be followed in treating cancer. If the cancer has become an open ulcer, it will be useless to try to cure it by absorption. Cancer is often removed

by the knife or by caustics; but it generally reappears after a few months unless removed while in its first stages. It has been removed when in the first stage by absorption induced by the frequent application of freezing mixtures.

When this disease is known to exist, all stimulants and irritating food must be avoided.

RICKETS.

This disease usually manifests itself in early life, generally previous to the fifth year. It is a constitutional disease, and consists chiefly in an absence of earthy matter from the bones. The cause may be hereditary, children of scrofulous parents being particularly liable to it. Anything that impairs the powers of digestion and assimilation is also a remote cause of this disease. Insufficient and improper food, impure air, residence in damp, cold, dark, or filthy dwellings, and all similar circumstances, serve to induce this disease.

SYMPTOMS.—The earliest symptoms are languor, occasional fever, sadness, irritability of temper, copious perspiration about the head, general tenderness of the body and limbs. After a while, the head appears enlarged, the face pale, and the features thin, the wrists, knees, and ankles become swollen, and are slightly painful to the touch, and if the child attempts to stand or walk, the legs soon become crooked.

TREATMENT.—As the chief cause of this disease is improper food during the first year of the child's life, together with other unhygienic habits and agents, it is absolutely necessary that the child should have the best of food (graham bread

and milk is excellent), plenty of pure air and sunlight, regular exercise, and that it be kept clean. This, with two or three cool baths each week and a thorough hand rubbing daily, will generally bring about a measure of health, but more or less deformity will always exist, unless taken in hand early.

Parents who are of scrofulous diathesis (see Scrofula) should pay the strictest attention to the laws of health if they would have their children escape rickets and other diseases toward which they are liable to transmit to their offspring a tendency.

OBESITY OR CORPULENCY.

A morbid accumulation of fat may shorten life by inducing other diseases, and by suffocation.

Persons who have a tendency to obesity should abstain from the use of sugar, or sweets, and from all kind of fats and oils, butter and cream, and from food that contains much starch, such as potatoes, fine wheaten flour, corn, sago, etc., and they should not overeat. A spare diet, composed of subacid fruits, oatmeal, unbolted wheat meal, and an abundance of out-door work, with a daily cool dripping-sheet-bath, will correct this difficulty.

GOUT.

This is an inflammatory affection of the joints of the toes, feet, fingers, and hands. It is accompanied by great pain and swelling of the affected joints with more or less fever, and by some disturbance of the digestive organs.

This disease is generally caused by the use of

rich and highly seasoned food, wine, and spirituous and fermented liquors. When drugs are administered in the treatment of this disease, it is not uncommon for the inflammation of the joint to suddenly subside, and for a new inflammation to manifest itself in some of the internal organs, which in many cases proves fatal. This changing the seat of the inflammation, which is called metastasis, has never been known to occur under the hygienic treatment.

TREATMENT.—The first thing to be done to insure recovery is to cut off the supply of rich food, pies, cakes, preserves, puddings, gravies, condiments, and all spirituous or fermented liquors, and to place the patient on a spare diet of hygienic food (see Diet for Sick). He must eat as little as he can subsist upon for a few days. The cold compress should be applied to the inflamed part until the heat is reduced to the normal standard, but no longer. If the cold water causes pain, tepid water can be applied, and then the temperature gradually lowered. A daily pack should be given for half an hour, followed by a dripping-sheet, or any other form of general bath.

If the patient is weak, with feeble nerves, and a shattered constitution, cold water should not be applied, but all the applications should be tepid or warm. In some instances, hot fomentations applied to the affected part for fifteen or twenty minutes will be very beneficial.

RHEUMATISM.

This disease is not confined to any special locality nor to any particular organ of the body, but it particularly affects the dense tissues of the joints, the tendons, and ligaments, and the mem-

branous sheaths of the muscles and their fibers, and the lining membranes of the cavities of the body, all of which are composed of white, fibrous tissue, to which this disease seems to be confined. There are two forms of rheumatism, the acute and the chronic.

ACUTE RHEUMATISM.

This disease is characterized by fever, profuse sweating, and inflammation of the membranes of some one or more of the large joints. This disease is to be especially dreaded on account of the extreme suffering it causes.

SYMPTOMS.—The early symptoms are restlessness and fever, succeeded at the end of twenty-four hours by stiffness and aching pain in the limbs and joints. Exposure to cold and damp or similar depressing influences generally precedes these symptoms. The pain quickly increases, and in a very short time is accompanied by swelling and great tenderness in one or more of the large joints, with high fever and much general disturbance. When the disease is fully established, the patient is very restless, yet he dares not move. The pain in the affected joints (many of the joints are frequently affected) is so severe that the weight of the bed-clothes can hardly be tolerated. The skin is not unfrequently bathed in sweat.

TREATMENT.—Apply prolonged warm fomentations to the affected joints, or the hot fomentation alternated with cold every five or ten minutes for a half hour at a time, to mitigate the extreme pain and tenderness, then give a tepid wet-sheet-pack for an hour, unless the patient

becomes weary. As soon as the patient can be moved from his bed, he should take a warm full bath, or a warm sitz-bath, for fifteen minutes, once a day, or he may take the hot-air-bath, or the vapor-bath, for fifteen minutes. The patient should be restricted to a very spare diet for the first few days, or until the fever subsides. The diet should be composed of wheat meal or oatmeal gruel, toast, bread, and acid fruits; lemons, especially, may be given freely.

CHRONIC RHEUMATISM.

This disease is similar to gout, except that the large joints are affected instead of the small ones. It differs from acute rheumatism in that the pain and tenderness are less, and there is little or no fever.

TREATMENT.—The same as for gout, which see.

FEVERS.

A fever is a disease in which there is a general disturbance of most or all of the vital functions, attended with cold, hot, and sweating stages. There is first a preliminary stage, of languor and weakness, with defective appetite, nausea, headache, pains in the small of the back, and limbs, with slight chilliness, or shivering. This is succeeded by the confirmed stage, in which there is preternatural heat of the body, caused by increased activity and waste of the tissues, increased circulation, as manifested by the increased pulse, and extreme weakness.

CLASSIFICATION OF FEVERS.

It is hardly possible to find any two writers who are agreed as to the classification of fevers. We find fevers spoken of as typhus fever, brain fever, congestive, yellow, ship, spotted, jail, camp, hospital, puerperal, bilious, putrid, low, nervous, mucous, mesenteric, milk, catarrhal, Panama and mountain fevers, ataxic fever, adynamic fever gastric, enteric, typhoid, etc. This complexity of nomenclature is puzzling, not only to the non-professional reader, but to the medical practitioner, for many a physician finds it difficult to answer anxious friends when they ask what kind of fever the patient has. To avoid confusing the mind of the reader, fevers will be classified in this work in the simplest manner possible.

As previously stated, it is evident that it does not matter whether we know the name of a disease, provided we know the conditions of the patient; for if we know these, we shall know what the patient requires, even though the disease has no name. It is evident that the knowledge of the name of a disease will do us no good unless we know the conditions implied by that name. Therefore, out of the many names that have been applied to each form of fever, that one will be selected which most fully expresses the condition of the patient.

A person sick with fever will always be in one of three conditions, and the treatment depends wholly on these conditions.

1. He may be of vigorous constitution, with strong vital organs, and possessed of a great amount of vitality, without much gross or waste material in his system. In this case, there is

great activity, with a strong determination of blood to the surface, so much so that the surface appears inflamed, and there is great heat, and the effort continues until the system is purified. Hence, we call this inflammatory fever, or, simply, continued fever.

There is still another form of fever, the nature of which is precisely like the above form in all respects except in the periodicity of the paroxysms. In this form, there is a complete cessation or intermission of the paroxysms, during which the patient feels well. In this form of fever, the paroxysms may recur daily, or every other day, or they may skip two days. This form of fever is called intermittent fever, or ague.

2. He may be weak and very gross, his system being filled with the retained excretions which his organs of depuration have failed to eliminate from his system. In this case, there is not much vitality. He may have had a large amount of vitality, however; but by unhygienic habits, such as overwork, either physical or mental, eating highly-seasoned or greasy food, or drinking alcoholic beverages, smoking or chewing tobacco, breathing impure air, etc., the vital organs have gradually weakened and failed to depurate the system properly, and, as a consequence, it is filled with retained excretions. Grossness and strength cannot go together, for when there is much vitality, the system is kept pure by the proper organs. A fever with the patient in this gross condition is properly called putrid fever.

3. He may have a weak nervous system, and but little vitality, and at the same time not be very gross. It matters not how much original vitality he may have had, if it has been reduced

by any cause that has not occasioned much grossness, he will have a fever characterized by extreme weakness and nervous irritability. In this case, it will be proper to call the disease nervous fever.

When either of the last two—that is, the putrid and the nervous—forms of fever are continued day after day, without intermission or remission of the paroxysm, the fever is said to be of the continued type, and thus we have putrid continued fever, and nervous continued fever. Typhus and typhoid fevers may be either nervous or putrid; but they always belong to one or the other of these classes. If there is a daily subsidence or remission of the paroxysm, and yet not a full intermission, the fever is said to be of the remittent type; hence, we may have putrid remittent fever and nervous remittent fever.

In addition to the foregoing, there are certain forms of fever which depend upon some specific cause, and which are characterized by certain skin eruptions. These are properly called eruptive fevers. Of these, there are several varieties, each of which is only induced by its own special cause, and is characterized by its own peculiar eruption, hence it is proper that each variety have a special name, as small-pox, cow-pox, chicken-pox, measles, scarlatina, etc.

Thus far, fever has been considered as a primary disease, not dependent on any other disease. It is often the case, however, that fever is only a symptom of some other disease, and had it not been for that other disease, the fever would not have occurred. All such fevers are to be classed as symptomatic.

It will be seen by the foregoing remarks that

all fevers must assume one of three types. They must be either continued, remittent, or intermittent. The type which a fever assumes depends wholly upon the condition of the patient at the time the fever makes its appearance. If he has strong vital organs, the disease is continuous until his sytem is purified, regardless of the amount of grossness his system may contain; but if he has not sufficient vitality to continue the remedial effort until purification is accomplished, then the fever intermits or remits, as the case may be, for the purpose of affording rest to the vital organs. Therefore, it is evident that the only importance we should attach to the type a fever may assume is in view of the assistance it may render us in determining the actual condition of the patient. Hence, type is only symptomatic of certain conditions, and as there are many symptoms which indicate the condition of the patient, there is no more propriety in basing a plan of treatment for fever on the type it assumes than on any other single symptom it may manifest.

As has been shown, all fever patients must be in one of three conditions, viz., strong, with but little grossness, or weak, with but little grossness, or weak, with great grossness. It therefore follows that in classifying fevers with reference to the treatment, they should be classified in accordance with these conditions, and this is the plan adopted in this work. This gives us, so far as treatment is concerned, but three forms of fever when considered as a primary disease, viz.,

Simple Fever,
Putrid Fever,
Nervous Fever.

Let it be understood that in this classification, we have special reference to the condition of the patient and to the treatment of the fever, and not to its cause, nor to the symptoms it manifests, nor to the liability, in certain cases, of the disease being communicated from one person to another.

GENERAL CAUSES OF FEVER.

These may be stated in general terms to be anything that will cause a clogging or weakening of any of the purifying organs, thereby causing them to cease their work, and, as a consequence, causing the body to become filled with retained excretions. The fever is nothing more nor less than an attempt on the part of the organism to purify the system by exciting undue activity in various parts, thereby disturbing all the organic functions. The cause may be local contagions, or poisons, impure water or unhealthful food, foul air, personal uncleanliness, overwork, worry of mind, exposure, gluttony, intemperance, or starvation.

GENERAL TREATMENT OF FEVER.

It will be readily understood that in treating fever—the object being to restore the patient to health—the treatment should begin at the very outset of the disease, and that it should be such as the conditions of the patient indicate. Let us examine these conditions. 1. There is languor and weakness. 2. The appetite is defective. This is because the food cannot be used in building up the tissues, as they are engaged in other work—the disease—therefore the system makes no demand for food, but loathes it. 3. There is

nausea, caused by morbid matter in the stomach. 4. There is usually a constipated state of the bowels. 5. There is headache, with a slight sensation of chilliness. These are the premonitory symptoms of fever in nearly every form and case that occurs, and they should not go unheeded for a moment.

If proper treatment is adopted as soon as these symptoms begin to manifest themselves, the disease may be so modified—if not entirely obviated—as to cause but little alarm, and no serious discomfort to the patient.

Begin the treatment, then, as soon as the symptoms of febrile disorder make their appearance. If the patient has no appetite, he should fast for one or two meals. If he feels languid and weak, he should lay aside all business and care, and rest till he is well. If troubled with nausea, or sickness at the stomach, he should drink two or three pints of tepid water and titillate his throat with his finger or with a feather to cause vomiting, and thus free his stomach of morbid or bilious matter. (If the warm water does not occasion vomiting, use hot water.) If his bowels are constipated, he should free them with a thorough enema of pure water. If his head aches or is congested, he should take a hot bath, and draw the blood to the surface and extremities. The bath may be either the full-bath, sitz-bath, or the hot-air or vapor-bath. It should be taken until perspiration is induced, unless faintness occurs. This should be followed by a cool bath for three minutes, and then by wiping dry, or in place of the bath, a tepid pack may be taken for an hour. The majority of cases of fever, which, under drug treatment, prove most

serious maladies, would be prevented if treated in the above manner at the outset. Fevers in general should be treated with tepid or warm water.

In the majority of cases, the patient fails to take the treatment he should until after the beginning of the secondary or confirmed stage. In this stage, there is greater weakness, an intensified headache, preternatural heat, which may be very great, and an accelerated pulse. If the treatment is now commenced, it should be by placing the patient in a warm or hot pack or bath, unless the heat of the patient be very intense, then cold water may be used. The heat of the patient will be reduced by the evaporation of the water from the surface of his body. Cold cloths should be applied to the head, unless it is congested and feels sore, in which case apply hot fomentations. The food should be very plain, yet nutritious (see Diet for the Sick).

There is a tendency in all fevers, as the doctors say, to "run a certain course and then cease," and scores of quotations from many of the best medical authors might be cited in which they inform their students that it is impossible to cure a fever, and warn them against making the attempt; for, say they, "after it has run its course, it will terminate naturally in the re-establishment of health when uninterfered with by art."—*Tanner.* Therefore, in treating fever, we should ever keep in view the fact that fever is not to be cured, but to be guided. In seeking to direct or control fever, we should ever bear in mind the three conditions, in either of which the patient may be found, viz.: 1. Strength and activity without grossness. 2. Weakness without much gross-

ness. 3. Weakness with grossness. In the first form, the fever being high, without grossness, the principal requirement is to cool the patient. In the second form, there being weakness without grossness, the principal requirement is to balance the circulation. While in the third form, in which there is weakness with grossness, the principal requirement is to purify the system. In all forms of fever, free ventilation and sunlight are necessary to the patient's recovery.

SIMPLE FEVER OF THE CONTINUED TYPE.

This is a disease which need not give any alarm if it is rightly managed, as it is seldom fatal. It may be so slight as to cause but little disturbance of the vital functions, or it may manifest itself with very strongly marked symptoms. This class of fever includes what is called inflammatory fever.

Symptoms.—Lassitude, lack of energy for bodily or mental exertion, loss of appetite, nausea, pain in front portion of the head, aching of the back and limbs, coldness of surface, especially of the back, and frequently there is shivering. The chill may be quite light or very severe, or anywhere between these extremes. At the end of a few hours, in most cases, the chill passes off, and the skin becomes dry and hot. In other cases, the heat will be extreme and the skin swollen and florid. The pulse will be quick, but not frequent, hard, full, and strong, the tongue, white with red edges, and there is generally a constant thirst; the eyes are reddish; the urine is scanty and high colored; the bowels are constipated. Gener-

ally, there is not much mental disturbance, yet in some cases, the mind wanders, and the patient is restless, appearing very ill. There is a slight aggravation of all the symptoms each forenoon, and a still greater aggravation toward evening.

The fever continues without intermission until the system is purified—the fever being a purifying effort—which usually occurs, when there is no treatment given, within eight or ten days. Under the hygienic system of treatment, the patient generally recovers within five or six days, and frequently within two or three, if treatment is given at the beginning. Treated with drugs, it is not uncommon for it to exceed the ten days which unaided nature requires, and to be changed into the putrid form.

TREATMENT.—If the patient has sufficient vitality, the pack may be given two or three times a day, at a temperature most agreeable to him, until the heat becomes normal. Or large wet cloths may be spread over the body and limbs, and changed as often as they become warm. Free the bowels with enemas; free the stomach with warm-water emetics; keep the head cool. The pouring head-bath may be used freely in this form of fever. The room must be well ventilated at all times. In all respects other than those given above, follow directions for General Treatment of Fever.

SIMPLE FEVER OF THE INTERMITTENT TYPE—AGUE.

This disease is known as ague, intermittent fever, chill fever, etc. It also includes dumb ague.

There are three forms of this disease, viz.,
Every-day ague, or Quotidian Type;
Every-other-day ague, " Tertian Type;
Every-fourth-day ague, " Quartan Type.

CAUSE.—Ague may be caused by any of the general causes of fever, which see.

SYMPTOMS.—This fever may be readily distinguished from all other forms of fever by the fact that the paroxysms, which are characterized by hot, cold, and sweating stages, occur in regular succession, the cold stage varying from thirty minutes to four hours. This stage is gradually succeeded by the hot stage, in which the surface of the body becomes dry, and intensely hot. The mouth is parched, there is excessive thirst, bounding pulse, painful sensation of fullness in the head, general uneasiness, and frequently there is delirium. The hot stage, which is seldom of less than two or three, nor more than ten or twelve, hours' duration, is followed by the sweating stage in which the whole body generally participates. The pulse and breathing become natural, and the patient soon feels quite well, and so continues until the next day, in every-day ague, or until the third or fourth day, in the tertian or quartan form of the disease, when he again passes through the paroxysm. These paroxysms generally return at about the same hour of the day. In some cases, however, they make their appearance an hour or so earlier each day; in others, an hour later.

Like all other forms of fever, there is in this disease a tendency to terminate favorably, without the interference of art; but it is a slow disease, and in very many instances, the patient feels completely worn out before the termination.

TREATMENT.—If the case is a recent one, and the patient's vitality is not much lowered, it is easily managed. The bowels should be freed with enemas, and the stomach with warm-water emetics. When the chill is expected, the patient should go to bed, cover up warm, with a hot jug or hot brick to his feet, and a bag of hot sand to his back, and a cold wet cloth to his head if it aches. He should drink a glass or two of hot water during the cold stage. As soon as the hot stage comes on, or soon after, the patient should be placed in a warm wet-sheet-pack, in which he may lie from thirty to sixty minutes, having a cold wet cloth on his head. Some prefer the cold pack when the fever is on, but the temperature is immaterial, for the cold pack immediately becomes warm. The patient should be allowed to drink freely of cold water or of lemonade. On the day during which the chill does not occur, he should take either the hot full-bath, sitz-bath, vapor-bath, or hot-air-bath—it is immaterial which—and immediately following this, the sponge-bath or cool dripping-sheet.

If the case is of long standing, or if the patient's vitality be low, the hot full-bath should not be administered oftener than once a week; the warm sitz and foot-bath should take its place on other days. In chronic cases, the liver, or spleen, or both, are torpid or congested, and to induce action in them, the wet-girdle should be worn most of the time. Rest from all care and labor is essential to recovery. If hard water is used for drink it must be discontinued and soft water substituted.

In this disease it will be necessary to provide

the patient with a nourishing diet, which may include any of the articles mentioned under the head of Diet for the Sick.

CONGESTIVE CHILLS.

Occasionally a person is taken with what is called a congestive chill, which lasts from ten to thirty-six hours. The blood all recedes from the surface to the vital organs, which become so congested that they cannot do their work; consequently the patient dies.

TREATMENT.—Give the full-bath at 110°, for fifteen minutes, then dash a few pailfuls of cold water over the body, and over the back in particular. If, after the lapse of thirty minutes, the chill still continues, apply ice the full length of the spine, or a stream of cold water. The use of ice is often effectual when all other appliances fail. In applying ice, move it from the back of the neck down the spine repeatedly.

NERVOUS FEVER—TYPHOID FEVER.

In this fever, there is great debility, occasioned by the peculiarly weakened condition of the vital organs at the access of the fever. This disease usually lasts from fourteen to twenty-four days, when no drugs are taken. If drugs are taken, it very often lasts from thirty to fifty days, unless it sooner terminates in death.

SYMPTOMS.—At first the symptoms do not differ from those of a mild or insignificant fever; but as the disease advances, the pulse becomes frequent, weak, and irregular, the mind is dejected or delirious, the tongue is covered with a thick, white mucus. The countenance is pale

and expressionless, yet the patient manifests no apparent anxiety. There is extreme weakness, but not much grossness or putricity, the breath is not very foul, neither are the discharges from the bowels as offensive as in putrid fever. After a few days, the skin, which at first is dry, becomes covered with a clammy sweat.

TREATMENT.—The cold applications must never be administered in this disease, except to the head. If the fever is general and the heat great, the tepid sheet may be applied. Generally there will be a feeble circulation in the feet, consequently they will be cold. The principal treatment should consist in keeping the circulation equalized. This can be done by applying jugs or bottles of hot water or bags of hot sand to the feet and limbs when cold, and tepid wet cloths spread over the body and limbs when preternaturally hot, or by frequent spongings of the whole body with tepid water. Relieve diarrhea, constipation, or nausea, the same as in other fevers. Give frequent sips of water to drink, but it must not be too cold. In this form of fever, the patient must have perfect quiet, and must see no one but the nurse. In all other respects, treat as directed for fevers in general. Under drug treatment, this disease is often fatal; under the hygienic system, it is seldom fatal.

PUTRID FEVER—TYPHUS FEVER.

This form of fever is characterized by great grossness. It is the camp, ship, jail, hospital, and mountain fever, of some authors; and includes what is known as yellow fever, bilious fever, and what many call typhoid fever.

SYMPTOMS.—Putrid fever differs from nervous in that while the nervous form commences mildly, with only slight shiverings, the heat being scarcely above the natural temperature, the pulse small and only a little quickened, the putrid form commences suddenly and progresses rapidly, the chill is severe, the strength fails rapidly, the pulse is hard, small, quick, and fluttering, ringing in the ears, intense pain over the forehead and crown, with throbbing in the temples. The countenance has an anxious expression, and there will be delirium, followed by stupor. The breath is hot and offensive. The tongue is at first of a dark yellow, then of a brown or black, color, and finally it cracks; the lips turn dark and crack also. The evacuations from the bowels and bladder are dark and very offensive. As the disease progresses, purple spots appear on various parts of the surface, and the face is of a livid or dark-red color.

TREATMENT.—The patient must have an abundance of pure air, as purification is the principal requirement in this form of fever. The sick room must be kept quiet. In the early stages, the tepid wet-sheet-pack should be given daily, or cloths wet in tepid water should be spread over all parts of his body and limbs, and changed every ten minutes. The feet must be kept warm and the head cool, at all times. The danger in this disease is from diarrhea and inflammation of the bowels; therefore, at the first appearance of the disease, a copious enema of warm water should be administered, and cool or cold wet cloths should be constantly applied to the abdomen until all preternatural heat is removed. Hot fomentations over the bowels for twenty

minutes, followed by cold compresses, are very useful after the diarrhea has set in.

In treating this fever, the rules for treating fever in general are applicable in all respects other than indicated above. The head-bath should be freely used.

SYMPTOMATIC FEVERS.

There are certain diseases, such as inflammation of the brain, inflammation of the lungs, inflammation of the lining membrane of the abdomen, etc., in which the inflammation is so great as to cause a general fever. In these cases, the fever is symptomatic. In treating symptomatic fever, we are to treat the fever with reference to the disease of which it is a symptom, that is, we are to treat the fever just as we would if it were unattended with any local disease, and was as severe as we now find it. Then we are to treat the local disease just as we would the same affection if it were unattended with fever. These two forms of treatment make up the treatment for that special variety of symptomatic fever.

BRAIN FEVER.

This fever is known by a variety of names, as spotted fever, cerebro-spinal meningitis, cerebro-spinal typhus, malignant purple fever, encephalitis, etc.

The fever in this case is purely symptomatic, as the real difficulty consists in an excessive congestion and inflammation of the brain, or its membranes. In most cases, the spinal cord or its membranes are involved in the inflammation. Under drug treatment, this disease is very likely

to terminate fatally; but under hygienic treatment, most patients recover.

SYMPTOMS.—This disease usually manifests itself very suddenly, though not always. The individual may be apparently well, yet within an hour be taken with a severe chill, accompanied by dizziness, intense headache, and vomiting, quickly followed by feverishness, and mental prostration; often there is delirium. There is extreme depression of the physical powers, sharp pains with stiffness of the muscles of the neck and back, and the head and neck are drawn backward. The headache becomes incessant and most distressing, the countenance, pale, anxious, and pinched; and there is restlessness and mental confusion.

The tongue, pulse, and temperature, may not be much changed at this stage, and the bowels may be either loose or costive, generally the latter. As the disease progresses, the pulse becomes hard and quick, cramps and spasmodic contractions of the muscles occur in various parts of the body, and the jaws sometimes become locked, the patient is disturbed in his sleep, starting up every few minutes in a state of wild delirium. About the fifth or sixth day, the pulse becomes more frequent, the eyes are blooodshot, the tongue is dry and shining, or brown and covered with what appears to be dirt, an eruption generally appears which may vary in form and color. It is this eruption that gives the disease the name of spotted fever. The patient has less consciousness. A heavy stupor sets in, which if deep is very unfavorable; the patient becomes tremulous; the vision becomes imperfect or fails, in which case the pupils are expanded. There is difficulty in swallowing; the fæces and urine may pass involunta-

rily. Of fatal cases, three-fourths die before the tenth day, and one-third, within forty-eight hours. The most dangerous time is between the second and fifth days.

With those who survive, the process of recovery is slow, and unless the patient is careful, there is danger of a relapse. The severity of this disease depends wholly on the condition of the patient. If he is vigorous and not gross, it will be light; but if his vitality has become somewhat exhausted before the access of the disease, it will be more severe; and if, in connection with this weakness, the patient is very gross, it will probably prove fatal.

Treatment.—In this disease, there is an excessive accumulation of blood in the brain and spinal cord and their membranes, where it has stagnated, and a deficiency of blood in the limbs and extremities. Therefore, the hot bath will be found serviceable. It should be given as hot as the patient can bear, about 102° to 110°, two or three times a day. A convenient mode is to give a hot siz-bath for ten minutes, followed immediately by a hot pack for thirty or sixty minutes, using a thick woolen blanket instead of a cotton sheet. The blanket must be applied as hot as the patient can bear, and followed by a tepid sponge-bath. Two or three times each day, early in the morning, at noon, and in the evening, apply very hot fomentations, alternated every five or eight minutes with ice-cold applications, to the spine and head for thirty minutes, always beginning with the hot and ending with the cold; at the same time give a hot foot-bath. In mild cases, sitz-baths and dripping-sheets at a temperature to suit the feelings of the patient may do,

but the hot treatment indicated above is preferable.

As the patient recovers, the treatment may be reduced to a dripping-sheet or a sponge-bath three times a week, the diet in the meantime being quite light. See Diet for the Sick.

There are several other forms of symptomatic fever, which will be noticed in connection with the diseases of which they are symptoms. We will next notice that class of fevers known as eruptive fevers.

SMALL-POX—VARIOLA.

The small-pox is a contagious, eruptive fever, caused by the reception into the blood of a specific poison. There are four stages to the disease. The first, which is called the period of incubation, usually lasts about twelve days. It varies, however, running from six to twenty days, during which time there are no symptoms of indisposition. Then the disease commences with lassitude, headache, pain in the back, vomiting, and shivering, followed by fever, which is called the primary fever.

This constitutes the second stage. About the third day of the fever, an eruption makes its appearance, first on the face, then on the neck and wrists, next on the body, and lastly on the lower extremities. It is generally two or three days extending over the entire body. Occasionally the eruption appears first on the extremities, but this is the exception. Sometimes the mucous membrane of the mouth and throat is covered with the pustules.

The eruption first appears as minute red points

which gradually enlarge for about five days, at the end of which time they are in the form of a hemisphere, resembling a split pea in size and shape. Some of them, however, are larger, while others are smaller.

About the third day after the eruption appears, the face becomes very much swollen and the patient is delirious. The pimples now begin to contain a clear, watery fluid which assumes something of a milky appearance in about two days, and which, by the eighth day of the eruption, becomes converted into yellow pus. As the pimples enlarge, they are called pustules—from the pus they finally contain. Each pustule is surrounded by a highly inflamed red margin about the tenth or the eighth of an inch wide.

At the end of the third stage, or about eight days after the eruption appears, the pustules break and the pus dries, forming crusts, or scabs, which fall off in four or five days more. The last period constitutes the fourth stage.

A secondary fever sets in about the time the scabs begin to form, the primary fever having subsided about the time the pimples began to fill with water. The secondary fever usually subsides by the time the scabs fall off.

When small-pox manifests itself as above described, it is said to be of the distinct variety, each pustule being by itself. If the patient's blood is very gross at the time he is taken with this disease, all the symptoms will be much aggravated as the disease is much more severe, the fever is more violent, the eruption comes out earlier, the pimples on the face and on parts of the body run together, forming large blisters containing a brown, watery fluid, while those on the body

are pale, having no red margin, and no yellow pus forms in them. When the pustules break, large brown or black scabs are formed. The tongue, roof of mouth, inside of nose and throat become covered with small pustules. The throat is very sore, and there is difficulty in swallowing and in breathing. The fever does not fully disappear when the eruption comes out. In this case, the disease is called *Confluent Small-pox.* The second variety is generally fatal under drug treatment.

The contagion of small-pox may be communicated at any time after the fever sets in until the scabs fall off, and by the dead body as well as by the living.

TREATMENT.—As soon as it is known that a person has been exposed to small-pox he should commence treatment, and adopt a hygienic diet. See Diet for the Sick. He should be careful not to overdo, and should take a tepid bath, either the sitz-bath or the dripping-sheet, every alternate day, and he should keep his mind perfectly calm. The bowels must be kept free with enemas, if necessary, and, if the weather is suitable, he should be much in the open air. As soon as he begins to feel symptoms of fever, he should take a sweat-bath either the hot sitz, hot-air, or vapor-bath. As soon as the sweat starts, he should wash off with cool water and wipe dry, and then retire to bed. There should be no carpet on the floor, nor curtains to the bed nor to the windows, and the room must be kept well ventilated by opening the windows. A draft should not strike the patient, however. Light and fresh air are very important in this disease. Without them the patient must die.

When the hot stage arrives, the patient should be frequently bathed in cool water, and a cold, wet cloth should be kept on his head. His feet must be kept warm. If his bowels are constipated—as they generally are—move them once a day with a tepid enema. As long as the preternatural heat keeps up, sponge the body with cool water, or apply cool cloths, renewing them frequently. Keep the room cold at all times. Let the patient drink freely of cool water or lemonade. After the pustules begin to dry up and the secondary fever sets in, bathe the patient with tepid water once a day and sponge the surface occasionally. After the pustules make their appearance, it will be necessary to give the patient nourishing food in small quantities three or four times in the day, if he desires it so often, but caution must be used, however, lest the patient should overeat. He should have gruel or porridge made of corn, wheat, or oatmeal, with a little milk or cream. Toasted bread, baked apples, or food similar to the above is admissible. Carbolic acid should be sprinkled in the room daily. Cleanliness must be observed to insure recovery. To prevent the face from pitting, bathe it several times a day with sweet oil or glycerine, and admit the sunlight into the room freely; but do not let the direct rays strike the patient's face, as it would cause pain in the eyes. When the pustules on the face break, flour or powdered starch should be sprinkled over it to exclude the air and thereby prevent pitting.

With drug treatment about one in three or five die, and sometimes as many as three in eight, while with the hygienic treatment not more than one in ten or fifteen. In my practice

under the hygienic system I have lost but one in eleven.

PREVENTIVE MEASURES.—Do not burn the clothes, but bury them in dry earth. The earth will absorb the poison, but fire will not destroy all of it. Disinfect the room by chlorine gas or by the free use of carbolic acid and a free circulation of air.

Those who live strictly hygienically will be far less liable to this disease than those who live otherwise; and if they have it, it will not prove as severe as under other circumstances. Small-pox usually occurs but once.

VACCINATION.

This is performed for the purpose of modifying or preventing small-pox, but it is doubtful whether it is of any real benefit. I have treated small-pox in families where part of the children had been successfully vaccinated two years previous, and a part had never been vaccinated. In these cases I could discern no difference except that two of those who were vaccinated had it the most severe, while some who had never been vaccinated had it very light. The advocates of vaccination are agreed that revaccination should be resorted to at every appearance of small-pox as an epidemic. It is well known that some of the most loathsome diseases have been propagated by vaccination, and that scrofula has been induced thereby, and even syphilitic diseases have been transmitted. I cannot conscientiously advocate vaccination as practiced generally, neither would I oppose vaccination under every circumstance. I would say to the reader, if you are

going to vaccinate yourself or friends, be sure you do not introduce other diseases; know where the matter used comes from and that it is from a young, healthy cow or from the arm of a babe that is healthy and whose parents are healthy. Owing to the uncertainty of obtaining good material I should hesitate before advocating vaccination.

CHICKEN-POX—SWINE-POX.

This disease may be said to consist of an eruption of small rose-colored pimples, which appear at the end of twenty-five hours from the commencement of a mild fever. On the second day the pimples are filled with a transparent or yellowish fluid and are surrounded by slight redness. About the fourth day scabs are formed. The eruption usually disappears the fifth day. This disease is slightly contagious, the period of incubation lasting about four or six days. This disease usually occurs but once.

TREATMENT. — Give a warm enema, and a warm bath or wet-sheet-pack daily, and free ventilation.

MEASLES.

This is a contagious disease that usually occurs but once. It is contracted by breathing air containing the germs or contagion that have escaped from those who have the disease. The period of incubation, or the time from exposure till the disease appears, is usually from nine to fourteen days.

SYMPTOMS.—The early symptoms consist of lassitude, shivering, feverishness, catarrh, running

at the nose, a dry, hacking cough, with hoarseness, difficult breathing, and sneezing. Soon there is swelling of the eyelids, the eyes become watery, and there is intolerance of the light, drowsiness, great heat of skin, a frequent and hard pulse. Headache and pain in the back frequently occur, also nausea, with retching. The eruption appears on the fourth day usually, sometimes a day or two later. It consists of little dots, and resembles flea bites. These gradually run together into small blotches, which are semicircular in shape and of a red color, and rough to the touch. These points do not become pimples, as they contain no fluid. The rash appears first on the forehead and extends downward. It begins to disappear on the seventh day. The fever does not abate on appearance of the rash, as in small-pox.

With proper treatment, measles is not a dangerous disease, unless the patient's system is very foul, in which case there would be an aggravation of all the symptoms, and especially of the chest and throat difficulty. The eruption would be of a dark color and appear earlier, often receding and re-appearing. The last form is known as black measles, or malignant measles.

TREATMENT.—In the mild or red form, give two or three cool or tepid packs each day until the fever subsides. Large wet cloths frequently spread over the patient's body and limbs will answer as well if the fever is slight. Tepid water only should be applied after the eruption appears.

If the eruption is suddenly repelled, a hot pack should be given immediately. Free the bowels with a warm enema. Keep the room moderately warm, but well ventilated. If there is much soreness in the throat or much inflammation in

the lungs, apply hot fomentations over the parts twice each day for thirty minutes, alternating the hot cloth with a cold one every five minutes. The black or malignant variety should be treated precisely like putrid fever, which see.

SCARLET FEVER—SCARLATINA.

This is a contagious disease which makes its appearance in from four to six days after the contagious poison has been received into the system. It seldom occurs more than once.

This fever is attended through some part of its course by a rash and by a sore throat, these being the two main features of the disease. When the rash and the sore throat are both well developed, the disease is called scarlatina anginosa. In other cases, there is a very marked development of the rash, with but little or no affection of the throat, and is known as scarlatina simplex. In still other cases, the throat is very seriously affected, when the disease is known as scarlatina maligna, and as putrid sore throat.

Symptoms.—This disease commences the same as any ordinary fever, with the exception that there is a soreness in the throat, the pulse is frequent, the skin soon becomes hot, and the patient finds it difficult to swallow, and is restless and wandering at times. The eruption usually appears on the second day in the form of numberless bright red points, first on the neck and arms, then on the body, and lastly on the legs. The eruption may all come out in one day, though it is usually two or three days reaching its hight. The mucous membrane of the mouth and throat becomes inflamed, and, in the malignant form,

very much ulcerated, or even putrid. The tongue is white, with red points projecting through the white portion like seeds in a strawberry. The tip and edges of the tongue are red. The soreness of the throat and stiffness of the neck are about the first symptoms.

In the malignant form, the eruption is dark-colored, the pulse is feeble, the skin is cold, and the throat extremely sore, the patient being scarcely able to breathe. When treated with drugs, the disease, especially if of the malignant form, very often proves fatal; and of those who recover, the most are affected for life with some chronic difficulty, said to be a sequela of the fever, but in reality of the drugs, for no such sequela ever occurs when treated as directed here, neither is it a fatal disease in the majority of cases.

TREATMENT.—In the mild form, this disease should be treated according to directions for simple fever and the treatment of fever in general. The throat, however, should be wrapped about with a cold compress, using ice in the water, if it can be obtained. In the malignant form, if the fever is high, the cool pack or cool bath should be constantly applied until the heat is reduced, or it may be reduced by applying warm or even hot applications, as the water evaporates more rapidly. The feet must be kept warm at all times. The hot bath at 105° may be given two or three times a day for fifteen or twenty minutes at a time at the commencement of the disease. Very hot fomentations, alternated every five minutes with ice-cold compresses should be applied to the throat every hour for a half hour at a time, with ice water to the throat at all oth-

er times, until the fever is subdued and the soreness in the throat is relieved. Ice may be eaten and sips of ice water taken freely. In other respects, treat simple scarlatina as simple fever, and malignant scarlatina as putrid fever.

ERYSIPELAS.

There are two varieties of this disease, the red and the black, the former occurring in persons whose habits are not gross, the latter, in those who live grossly and whose blood and flesh are filled with impurities.

No part of the surface of the body is exempt from this affection, but the skin of the head and face are most subject to it. In cases which arise from wounds, the erysipelas commences at or around the seat of the injury.

Symptoms.—This disease is ushered in with the symptoms of an ordinary fever, sore throat being an early and frequent accompaniment of it. On the second or third morning after the chill, redness and swelling appear on some part of the skin, frequently on one side of the nose, spreading to the rest of the face, and often extending over the scalp, neck, and shoulders. The face soon becomes so swollen that the eyes close, and all traces of the natural features are lost. There is more or less general fever, with excessive heat in the inflamed part.

In the red or mild variety, the inflamed part is of a florid or bright-red color, while in the black or putrid variety, it is of a livid or dark bluish-red color.

Treatment.—Give the patient two or three

warm or tepid packs daily until the heat is reduced. The bowels should be freed at the outset of the disease by a warm enema. The patient should be allowed to drink freely of cold water, and must occupy a well-ventilated room.

Hot fomentations, alternated with cold compresses every five or eight minutes, should be applied for thirty minutes to the swollen parts three or four times each day. In the putrid form, tepid wet cloths, or tepid spongings, may be applied to the body constantly until the fever is reduced, instead of so many packs. For diet, see Diet for the Sick.

NEURALGIA.

Persons affected with chronic disease, especially dyspepsia, are liable to have pain in the nerves, yet the disease that occasions the pain may be remote from the seat of the pain. Facial neuralgia, is generally occasioned by decayed teeth, which should be removed.

Neuralgia in the abdomen or loins is generally occasioned by inflammation or displacement of the pelvic organs.

Sciatica very often results from pressure upon some part of the nerve, such as is produced by accumulation of hardened fæces within the lower bowel, or from inflammation of the sheath of the nerve, or from overwork, exposure to cold and wet, and occasionally from rheumatism.

TREATMENT.—When the neuralgic pains are severe, a hot fomentation should be applied to the part for a few minutes, after which, it should be alternated with the cold compress every eight minutes for a half hour.

In treating sciatica, the hot sitz-bath or hot fomentations, followed by cold compresses or the cold douche to the part, will give relief. Dripping-sheets, spray-baths, or the hose-douche are all applicable. In all neuralgic affections the general health must be attended to, and every local difficulty remedied by proper treatment.

LOCAL DISEASES.

Under this head will be presented those diseases whose primary seat is in some special organ or part of the body. These diseases may be either acute or chronic. In the acute form, the disease is rapid and the symptoms prominent. In the chronic form, the disease is of the same nature as in the acute, but it develops itself much more slowly and its symptoms are much less marked.

If it were possible to gather all of the symptoms, pains, and aches, which occur in a few months in a chronic disease, and condense them, we would find them equal in amount and severity to those that would occur in a few days in the acute form of the disease.

In treating acute diseases, we should be prompt and energetic in adopting measures that will give immediate relief and check the violence of the disease. But in treating chronic diseases, great perseverance will be required, as the treatment, to be successful, has to be directed to equalizing the circulation, relieving internal congestion, forming new habits, and, as it were, building the body anew; and all of this requires time. As a general rule, there is no difficulty in treating

acute diseases successfully at home; the patient, being unable to work or have care, dismisses all business but that of getting well, consequently receives the full benefit of the treatment.

In chronic difficulties, the case is different. The patient is able to do some work, and seeing enough to be done, either works so much that the treatment does no good, or worries because the work is improperly done by others, or because it is neglected. The result is the same in either case, as the patient can derive little or no benefit from treatment taken under such circumstances.

Such being the facts, the very best thing any chronic invalid can do will be to go to a hygienic institute and take treatment for a while. In most cases, three or four months' stay at a good health institution will be sufficient to effect a cure.

INFLAMMATION OF THE BRAIN.

In this disease, the membranes only may be inflamed, which is generally the case, or the substance of the brain only, or both. So far as treatment is concerned, it matters not which part is inflamed, for the treatment is the same in either case.

This disease is essentially the same as that already described as brain fever, the only difference being that in this there is less inflammation and less fever, consequently the symptoms are less violent.

TREATMENT.—See Brain Fever, and treat as there directed.

CONGESTION OF THE BRAIN.

This may be acute or chronic. It consists in a rush of blood to the various organs within the skull. It is always accompanied with a sense of fullness and pain. If unattended to, the congestion may lead to serious consequences, such as a leakage of the watery portion of the blood from the small blood-vessels and capillaries, thereby causing dropsy of the brain—hydrocephalus. Or it may lead to brain fever or apoplexy, by the leakage of blood.

CAUSE.—Congestion of the brain may be caused by anything that unbalances the circulation, such as exposure to sudden heat or cold, improper food, impure air, cold feet, constipated bowels, an overloaded stomach, undigested food retained in the stomach, or by prolonged brain labor.

TREATMENT.—Remove the cause, if in the stomach, by warm-water emetics; if in the bowels, by enemas; if it is caused by excessive or prolonged, mental labor, take exercise in the open air. If caused by a recent cold, take a hot sitz and foot-bath, followed by a dripping-sheet. If the disease has become chronic, take a warm sitz and foot-bath daily or every other day, for five or eight minutes, at 92° or 95°; then cool the water to 80° and continue the bath for three minutes. Wet the head with cold water before taking the bath. In many cases, hot fomentations applied to the head and alternated with cold every five or eight minutes, for a half hour, will give relief.

DROPSY OF THE HEAD—HYDROCEPHALUS.

This is a slow inflammation of the membranes of the brain in which water is thrown out into the ventricles—cavities—of the brain, and into the spaces between its convolutions or folds. The head frequently becomes enormously large, the bones separating to make room for the enlargement. It is a disease of childhood.

SYMPTOMS.—Sometimes this disease exists at birth; if not, the symptoms will be manifest about the sixth month. The child may take its food regularly, yet it does not thrive, and in a few weeks after the dropsy sets in its body is much wasted, the head appears large, the face small, the forehead prominent and heavy, the eyes protrude and are directed downward. The child is irritable and feverish, and manifests a dislike to light and noise. It has headache and nausea, and its fæces are dark-colored and offensive, and it has frequent pain in the abdomen.

TREATMENT.—Nothing can save the child unless the disease is detected early, and the treatment commenced immediately. Keep the bowels free with enemas, and by frequently rubbing and kneading them. Give a tepid sponge-bath daily; keep the room well ventilated, and give the child a nourishing diet. Apply cool water to the head daily by pouring it from a pitcher or by bathing it with a sponge. Keep the extremities always warm. Let the child sleep soundly at night.

APOPLEXY.

This word signifies a fit of sudden insensibility. There is a complete loss, for the time, of all consciousness and sensation, and all power of voluntary motion.

CAUSES.—Whatever induces congestion of the brain may cause it, for the insensibility is caused by pressure on the brain. Intoxicating liquors, tobacco, opium, great heat or cold, sudden excitement, blows or injuries on the head—any of these may occasion the disease, especially if the person is plethoric or full-blooded, such persons being peculiarly liable to it. This disease resembles drunkenness and narcotic poisoning. In drunkenness, the smell of alcohol is always present, and it may be in apoplexy if the patient indulges in its use. The habits of the patient, if known, as they certainly will be in the home circle, will assist in making out the character of the disease.

TREATMENT PREVENTIVE.—A person who has a tendency to apoplexy must avoid all excitement and over-exertion, all stimulating substances, extremes of temperature, straining at stool, tight neck-ties, and hot baths. He must partake of food sparingly, sleep on a mattress with the head elevated, and in a cool and well-ventilated room. He should take moderate exercise daily in the open air, and should keep his bowels free. The head should be bathed daily with cool or cold water. When dizziness, headache, throbbing of the temples, or nose-bleed occurs, he should abstain from food for one or two meals. Such are preventive measures.

TREATMENT CURATIVE.—As soon as the fit occurs, place the patient in a sitting posture, loosen

all the garments about the neck and chest; place hot wet blankets about the feet, limbs, and abdomen, and renew the heat frequently; place pounded ice in a bladder or a bag on the head, or pour cold water on the head for twenty minutes several times a day, until consciousness returns.

SUN-STROKE.

This disease is similar to apoplexy. It usually follows exposure to the direct rays of the sun in a hot day.

SYMPTOMS.—Faintness, thirst, great heat, dryness of the skin, with prostration. Dizziness is frequently complained of, also a sense of tightness across the chest. The action of the heart soon becomes violent, and the patient sinks into a state of insensibility.

TREATMENT.—The same as in apoplexy.

INSANITY.

This disease is one of the most distressing to contemplate of any to which flesh is heir. It is unnecessary to enter into a detailed account of the many varieties or modifications of the disease. It consists in a functional or organic disease of the gray matter of the brain, which manifests itself in a derangement of the mental functions, so that the patient perceives and thinks unreasonably. The disease may exist in any degree of intensity from a very slight departure from sanity to total aberration of all the perceptive and intellectual faculties.

TREATMENT.—This disease should be treated early to insure the recovery of the patient.

The patient should have a diet of the best

and most wholesome articles of food in good variety. He should not be crossed in his whims, nor contended with, neither should he be confined, nor should mechanical or physical force be used unless he be violent or dangerous. On the contrary, he should be humored when not incompatible with moral principle. He should have warm clothing, out-door occupation, amusements, sound sleep at night, and his bowels should be kept free. Attention should be paid to prevent the exercise of bad habits, secret vice, etc. A constant effort should be made to promote cheerfulness. The warm bath in any form should be given two or three times a week; followed by the cold douche or cold dripping-sheet. If the patient is weak, give a tepid bath, followed by a cool douche. If the patient is strong, he may take a hot-air or vapor-bath once a week in addition to the above. The cool or cold head-bath should be taken daily, and the feet should be always warm. Occasional wet-sheet-packs in place of any of the above baths would be serviceable. In many of the States, the public asylums are so conducted that those who cannot be restrained at home would fare better, and have a better chance to recover there, than if treated at home.

HEADACHE.

This may be caused by inflammation of the brain or its membranes (see under head of Brain Fever, and Inflammation of the Brain), or it may be caused by plethora (see Plethora), or by errors in diet, or the use of tea, coffee, tobacco, and stimulating drinks, or by hunger, or constipation.

TREATMENT.—Remove the cause, correct the habits, and treat as directed for chronic congestion of the brain.

VERTIGO, OR DIZZINESS.

In advanced life, this difficulty, if frequent, is symptomatic of disease of the brain in its first stages. It may, however, be caused by poison in the system, such as tobacco, alcoholic liquors, opium, or by some irritation of the stomach, or of the intestines, or some disturbance of the liver, or kidneys, or of the heart, or, in women, by uterine hemorrhage. It is also caused by sexual excesses.

TREATMENT.—This will depend somewhat on the cause, which must be ascertained and removed if possible. If it is caused by any wrong habit, that habit must be corrected. The cause is some local disease, such as disease of the liver, etc. Treat the local disease as directed under proper heading. The general treatment is the same as for headache and congestion of the brain, which see.

ACUTE INFLAMMATION OF THE EAR.

SYMPTOMS.—Heat, pain, and irritation of the external ear, if that is the inflamed part.

TREATMENT.—Hot fomentations, followed by a cold compress, and a hot sitz-bath and foot-bath followed by a cool bath in connection with the fomentation.

If the internal ear is inflamed, there will be a distressing sense of fullness, painful throbbing, general nervousness, and deep-seated pain; loud noises are heard at times. If the inflammation

is not checked, the eyes become red, delirium sets in, followed by fever of typhoid character; suppuration soon follows, which usually destroys the hearing.

TREATMENT.—The same as above, and in addition, the patient should fast for a short time, and the cold head-bath should be freely used, until the heat in the head is subdued. The accompanying fever should be treated as directed in General Treatment of Fever.

CHRONIC INFLAMMATION OF THE EAR.

SYMPTOMS.—A prolonged discharge from the ear.

CAUSE.—Scrofula, maltreated eruptive fever of any kind, etc.

TREATMENT.—In treating all forms of foul discharges from the ears, first attend to the general health. The food must be free from all grease, butter, salt, vinegar, and condiments of all kinds. It should be composed of a good variety of fruits, grains, and vegetables, cooked in the most wholesome manner. Derivative and tonic baths should be administered three times a week. These should consist of the dripping-sheet, the half-bath, or sitz-bath, or the spray-bath, or packs. The patient's body should be daily rubbed with the dry hand.

EARACHE.

This difficulty may be caused by inflammation, or by insects or some foreign substance within the ear, or it may be a nervous affection.

TREATMENT.—Foreign substances may be removed from the ear by holding the head in such

a position that the affected ear is downward, then with a small syringe inject warm water into the ear. In other cases, it may be necessary to remove the substance with forceps. Vermin or insects in the ear may be destroyed by introducing soap suds containing a drop of carbolic acid to a table spoonful of water, or the ear may be filled with sweet oil, and the vermin will slip out. If the pain continues, give either the sitz-bath, the hot-air-bath or vapor-bath, and a hot fomentation over the ear.

INFLAMMATION OF THE EYES.

The eyes are subject to a variety of diseases, most of which may be comprehended in the word inflammation. This may be acute or chronic. This inflammation may result in granulated lids, purulent discharges, specks and opacities, ulcers, tumors, and partial or total blindness.

TREATMENT.—In acute inflammation, keep the eye shaded from the light, but allow it a free circulation of air. Apply fomentations, followed by cold compresses once a day, and frequent cold applications daily or until the inflammation is subdued. Treat the attending fever the same as fevers in general. Keep the feet warm. In the chronic form, treat the patient constitutionally. See Constitutional Treatment. Bathe the eyes frequently in tepid water, and once or twice a week apply hot fomentations alternated with cold. There may be cases in which it may be necessary to remove the granulations with caustics, but this should be avoided if possible, and should only be done by an oculist. If hairs

growing inward cause the inflammation, they must be extracted.

INFLAMMATION OF THE MEMBRANES OF THE SPINAL CORD.

Acute inflammation of the membranes of the spinal cord seldom occurs; but when it does, it may be known by an acute burning pain along the spine extending into the limbs. This pain is similar to rheumatism, and is aggravated by motion or pressure. There is always a high fever, with sleeplessness. After a little, the muscles of the neck and back become permanently contracted.

TREATMENT.—Apply heat and cold alternately to the spine as in giving fomentations, and treat the fever as directed for fevers in general.

INFLAMMATION OF THE SPINAL MARROW.

When the spinal marrow becomes inflamed, some form of paralysis follows. If the upper part of that portion within the skull is inflamed, there is deep-seated headache, convulsive movements of the head and face, inarticulate speech, spasmodic closure of the mouth, difficulty in swallowing, spasmodic breathing, and paralysis of one side of the body, or of the upper half of one side. When the inflammation is in that portion of the spinal cord that is within the neck, there will be acute pain in the back of the neck, shortness of breath, difficulty in swallowing, impossibility of raising or supporting the head, a prickling sensation in the hands, and paralysis of the upper extremities.

When that portion of the cord within the upper portion of the back above the attachment of the lowest ribs, is inflamed, there is pain in that portion, and numbness or prickling sensations in the fingers and toes, convulsive movements of the trunk of the body with paralysis of the arms and lower extremities, short and laborious respiration, palpitation, etc.

If the inflammation is in that portion within the small of the back, there is pain there, and also in the abdomen, with a sense of tightness as of a cord drawn tightly around it. There will be convulsive spasms, or paralysis of the bladder and lower bowel, causing retention of urine and fæces at times, or they will be voided involuntarily. There is also severe paralysis of the lower extremities. The pain in the affected part of the cord in this disease is less severe than in inflammation of the membranes of the cord. The pain is increased by the application of heat to the part and by firm pressure. The loss of sensation in the palsied limbs is complete.

TREATMENT.—Apply ice water or ice to the spine, or, if the severity of the pain will permit, apply hot fomentations alternated with ice-cold compresses. Pounded ice in a bladder is the best way to apply cold to the spine, unless rubber bags can be procured. Give hot foot and leg baths to draw the blood to those parts, and treat the fever, if there is any, the same as though it were the only disease. This disease is usually caused by exposure to cold or damp, or by wounds and bruises. A slight degree of inflammation, or severe inflammation in a small part of the cord may arise from a sudden jar of the cord, produced by a fall, or by jumping. Whenever

from any cause the spinal cord gives evidence of injury by severe or heavy pain in the cord that is caused by wounds or jars, the patient should immediately retire and apply a hot fomentation for ten minutes followed by cold applications for twenty or thirty minutes. He should then take a warm half-bath daily and keep the feet warm.

PARALYSIS.

This may be confined to a single set of muscles, or it may extend to a part of the body, or to one-half of it, or even to the entire body.

The paralysis is symptomatic of some difficulty with the spinal cord, or brain, or both. As already shown, inflammation of the cord or brain may occasion paralysis, so also may lack of blood or nourishment in the cord.

TREATMENT.—In recent cases, if the paralysis is caused by inflammation of the cord, treat as directed under head of Inflammation of Spinal Cord. In paralysis that has come on slowly, or that is of long standing, give the patient nourishing diet, an airy bedroom, plenty of sunshine or sun-baths, and give the Swedish movements, which consist in passing the limb or body through all its natural motions, and in kneading and rolling the flesh under the hand, percussing it with the edges of the hand, or slapping it with the flat of the hand. Electric-baths, shower-baths, dripping-sheets, spray-baths and cool sponge-baths, may any of them be used three times a week. The surface and extremities must always be kept warm.

All paralytic patients should resort to a first-class health institute, such as the one in Battle

Creek, Michigan, as soon as they are paralyzed. Only about one in five can be cured under any system of treatment.

CONVULSIONS.

Convulsions are symptomatic of disease of the brain, spinal cord, and nerve centers. The real disease may be any condition which suddenly arrests the nutrition of the brain, cord, or nerve centers, such as hemorrhage within the skull or spinal column, a blow on the head, loss of blood, a stoppage of the circulation of the blood, strangulation, or want of air to purify the blood, impure blood, a needle or pin pricking the flesh, the presence of indigestible food in the stomach, worms in the intestines, teething in children, or a continued diarrhea.

TREATMENT.—To bring the child out of the spasm, set it in a shallow cool or tepid bath, and with the hand apply cold water to the spine, or set it in a cold bath and apply cold to the spine. If undigested food in the stomach is the cause of the convulsions, give a warm-water emetic. If worms are the cause, give a more wholesome diet. Free the bowels from worms (see under head of Worms), and then treat as directed under head of Constitutional Treatment. If the convulsions are caused by teething, give the child something hard to bite, like an ivory or rubber ring, and treat constitutionally.

The garments should always be loosened and all the clothing about the neck removed as soon as the convulsion comes on. When it cannot be definitely ascertained of what disease the convulsion is a symptom, it may be taken for granted

that the constitutional vigor of the person is at fault, and the treatment should be constitutional as above directed.

EPILEPSY.

The causes of this disease are nearly the same as the preceding. We might add, however, the following: defective organization, a malformed head, injury of the head, debauchery and drunkenness, sexual excesses, and the poisoning of the blood by medicines given in treating acute rheumatism, scarlet fever, and various other diseases allopathically.

TREATMENT.—During the fit, lay the patient on the floor, and loosen the clothing about the throat. Nothing more is required. After the spasms have ceased, let the patient sleep as long as he is inclined to. During the interval, the patient must have constitutional treatment. See Constitutional Treatment.

HYSTERIA.

This disease is caused by anything that impairs the nervous organism. It occurs in both males and females, but most frequently in females, beginning at, or soon after, puberty, and in many cases continuing through life. The chief cause of hysteria is vacancy of mind, that is, want of occupation. Those persons who have an object in life, something to accomplish, are generally too much occupied to have hysteric fits, while those who have nothing to do or to think of except self, soon induce a morbid condition of mind that manifests itself in hysteria.

SYMPTOMS.—Convulsive movement of the body and limbs, violent beating of the breasts, tearing the hair or garments, violent agitation, shrieks, and a sensation as of a ball rising upward from some part of the body to the throat, causing suffocation and convulsions. The attack ends with tears or convulsive outbreaks of crying or laughter. This disease does not always manifest the same symptoms.

TREATMENT.—To bring the patient out of the fit, apply cold water to the head and spine. To prevent the return of the fit, keep the patient's mind so occupied that self will be forgotten. Give constitutional treatment.

SLEEPLESSNESS.

Sleeplessness is simply over-activity of the brain. Wakefulness or disturbed slumber may be caused by care, trouble, overwork, late suppers, indigestible food, reading or hearing exciting stories, especially in the evening, and by occupying the mind with business matters in the evening or latter part of the day.

TREATMENT.—Eat no hearty meal in the after part of the day, neither read nor allow the mind to become excited, nor contemplate any sad or melancholy theme, nor transact or think about any business in the latter part of the day or evening. Retire to rest at a regular hour, in a quiet and well-ventilated room. Do not sleep on feathers, but use a mattress instead. Do not sleep under too many bedclothes, and have no curtains about the bed. In the evening, take a bath for three or five minutes at from 92° to 98°; wipe dry, and retire immediately. Or take a tepid

sponge-bath, or a warm foot-bath, or place a bottle of hot water to the feet on retiring. Anything that will draw the blood away from the brain will induce sleep, therefore a cold, wet head-cap is useful, especially if the head aches.

A sitz-bath at 98° or 100°, for ten minutes, just before retiring, or a hot fomentation applied the entire length of the spine, for fifteen minutes, will often induce sleep. In case the patient is dyspeptic and is kept awake by indigestion, apply the hot fomentations over the stomach for a few minutes after retiring.

CATARRH.

This disease consists of an inflammation of the air passages. It may be confined to the nostrils and cavities connecting with them, or to the windpipe, or it may extend down into the smaller air tubes in the lungs. This disease is more common than any other. It arises from too sudden change of atmospheric temperature, or from exposure to wet and cold when the strength is exhausted. Catarrh is simply a common cold. It may be acute or chronic. If acute, there will be a running at the nose, and if the windpipe is implicated, there will be more or less irritation or soreness in the inflamed part of the windpipe, and a cough more or less violent.

In chronic catarrh of the head, the fluids that are thrown out are quite thick and viscid, and of a yellow or greenish color. This dries in the nostrils, or passes backward into the throat, or both of these events may occur.

TREATMENT.—If the catarrh is recent, take any form of a hot bath once or twice a day, and ab-

stain from food for one or two meals, or eat very sparingly for a few days. In the chronic form, live on a strictly hygienic diet, eat two meals a day regularly, and no more, and follow the directions given for constitutional treatment.

INFLUENZA.

This disease differs from catarrh only in being more severe and in being epidemic.

SYMPTOMS.—Heat, and dryness of the skin, severe frontal headache, a constant running at the nose, sneezing, soreness in back part of the mouth —the fauces—hoarseness, a harrassing cough, perverted taste, and disordered stomach.

TREATMENT.—Give any form of a hot bath, followed by a cool bath; or give a hot wet woolen sheet pack, or a hot half-pack once a day, with cold applications to the chest and throat at all other times, or a warm sitz and foot-bath may be given daily with a hot fomentation, for twenty minutes, followed with cold over the chest and throat until the severity of the symptoms is over.

DISEASES OF THE MOUTH.

Inflammation of the Tongue seldom occurs except as a result of taking mercury. Whenever the tongue is inflamed, apply ice to it, and give warm sitz and foot-baths freely. If suppuration occurs, open the abscess with a sharp knife or lancet.

Ulcers of the Tongue. Treat these by a careful and abstemious diet, free from all grease and condiments. Use gargles of borax, or cover the ulcers with borax and glycerine, or touch

them with sulphate of copper (blue vitriol), or sulphate of zinc (white vitriol). Gargle hot and cold water alternately, and take a warm bath daily.

Canker of the Mouth. Treat the same as ulcers.

Thrush. This disease consists of small, round, white, elevated specks or patches scattered over the tongue and lining membrane of the mouth. It often extends down the œsophagus, or meat-pipe, into the stomach, in infants. The treatment of thrush should be a tepid bath three times a week, tepid injections to free the bowels if they are hard or swollen, and small cool injections daily, and the cool abdominal girdle may be worn if there is a diarrhea.

Decayed Teeth. Have these filled with metal without delay. Patronize none but responsible dentists, if you wish the work well done. To prevent decay and preserve your teeth, use no hot food, or hot drinks, and eat no ice-creams or other frozen food. Use graham bread and crackers. The more hard food there is eaten, the harder and stronger the teeth will become. The food should be thoroughly masticated.

Toothache. The hot foot-bath or sitz-bath will often give relief. Sometimes it is necessary to apply hot fomentations to the face and the teeth. The hot-air or vapor-bath will give relief.

MUMPS.

This disease consists in an inflammation of the parotid glands. These glands are situated on either side of the head, immediately in front of, and below, the ear.

SYMPTOMS.—At first, there is a slight disturbance, as though a very mild fever was about to set in. This is accompanied by soreness and swelling of one or both of these glands. The swelling usually extends from beneath the ear, along the neck, to the chin. The submaxillary glands—situated under the lower jaw just in front of the angle of the jaw—also become inflamed and swollen. The inflammation reaches its hight in four days. As the inflammation subsides, it is not uncommon for the mammary glands—the breasts—or the testicles to become painful and swollen.

TREATMENT.—All that is required is a spare diet, with an occasional tepid or warm bath. The dripping-sheet, sitz-bath, spray-bath, half or full bath, or the wet-sheet-pack, may any of them be given. If the throat is very painful, hot fomentations alternated with cold compresses every five or eight minutes for thirty minutes should be applied. Hot poultices will often give relief. If inflammation of the breasts or of the testicles occur, treat in the same manner.

DISEASES OF THE THROAT.

Inflammation of the Tonsils. This difficulty is known as quinsy and tonsilitis. It is common inflammatory sore throat. It is ushered in by chilliness, followed by fever. The upper part of the throat will be red and swollen, the sides of the entrance to the throat being very much swollen and frequently ulcerated. In some cases, the fever is very high, the tongue coated, and there is an abundant discharge of sticky saliva. If the inflammation is long continued, one or

both of the tonsils—two glands situated on either side of the entrance to the throat—suppurate. They should then be lanced.

TREATMENT.—Free the bowels with an enema of warm water, and give a tepid pack for a half hour.

If the fever is high, treat as directed for simple fever. The special local treatment consists in the frequent application of ice-cold water to the throat inside and out, with a hot fomentation once or twice a day, followed by the immediate application of cold water. The hot foot-bath will give relief.

Diptheria. This disease frequently commences very gradually. The patient is depressed, weak, has headache, nausea, slight diarrhea, and drowsiness. The neck is stiff for several hours before the throat becomes sore. Then the tonsils and inside of throat become inflamed and of a dark color. The palate becomes so swollen that the patient cannot swallow without pain. There is next seen on the mucous membrane of the narrow parts of the upper portion of the throat, ash-colored specks which gradually enlarge and join together, forming a false membrane known as the diptheretic membrane. This membrane thickens as the disease progresses. Death may occur from hemorrhage, suffocation, or exhaustion.

TREATMENT.—The patient should at the outset of the disease be placed in a hot sitz and foot-bath, with hot fomentations to the throat at the same time. Ice or ice water should at all other times be constantly applied to the throat externally, and sips of ice water containing bits of ice should be taken every few minutes. When ice can be held in the back part of the mouth, it is

proper to do so. The hot bath should be given twice a day, and the ice applied constantly until the soreness leaves the throat. Treat the fever by giving two or three tepid packs a day for ten or fifteen minutes.

CROUP.

This disease, which results from a cold, is one to which infants and small children are subject. It consists in an inflammation of the windpipe, and the formation thereby of a peculiar membrane which, in fatal cases, sloughs off and suffocates the child.

Symptoms.—At first, the child has ringing cough, such as accompanies a common cold. In a few hours there is a shrill whistling or crowing sound produced as the child draws in its breath after a spasmodic effort at coughing. If the inflammation is not speedily checked, the child dies of suffocation. Apply cold compresses to the throat, using ice or ice water if it can be had without delay. If this is not successful, the child should be placed in a bath as hot as can be borne, and remain for from five to fifteen minutes according to its condition. On leaving the bath, ice, or ice water or cold water should be again applied to its throat continuously. Its feet and legs must be kept warm and its head cool. If the cold application does not check the difficulty in the course of an hour, apply the hot fomentation to the throat for ten minutes, then cold for five minutes. Repeat the process two or three times.

CHOKING.

This is frequently caused by the lodgement of food or other substances within the meatpipe—the œsophagus. If the mouth is opened widely and the tongue extended, the substance can generally be seen lodged above the glottis. It may be removed with pinchers, or with a hook, or it may be pried out of its place with the handle of a spoon or a similar instrument. Failing to do this, if the patient is suffocating, the substance may be pushed down into the stomach with a smooth, round-ended rod or whalebone. If the foreign substance has been inhaled, and is lodged within the air passages, there will be at first a violent spasmodic cough, difficult breathing, and a sense of impending suffocation. After a few minutes, the violence of the first symptoms abates for a time. The cough and difficulty of breathing return at intervals however.

TREATMENT.—When the substance is lodged in the upper part of the throat, and while the coughing continues, the clogging substance may often be removed by turning the head down and the feet up, and percussing the back. If it is within the windpipe, send for a good surgeon, who will remove it with the knife, if necessary.

GOITER.

This is simply an enlargement of the thyroid gland, which becomes, in some instances, so enlarged as to cause the neck to measure upward of two feet in circumference. The swelling is usually unaccompanied with pain, and causes little inconvenience. In some cases, however, the press-

ure on the veins, arteries, and other organs of the neck, causes uncomfortable sensations.

This disease is caused by drinking hard water or water containing lime, magnesia, or other earthy substances, and by breathing impure air, living in the shade, and other unhygienic habits.

TREATMENT.—The first thing to be done in treating this difficulty is to supply the patient with pure soft water to drink (filtered rain water is the best), and a plain, nourishing diet, free from flesh-meats and grease, and let him be much in the open air and sunshine. The cold compress, or hose-douche, or cold water poured from a pitcher, should be applied daily to the part, also cold wet-hand rubbing over the tumor. The prolonged, tepid sitz-bath should be taken every other day. Ice applied for fifteen minutes every one or two hours, with a spare diet, will promote absorption.

CLERGYMAN'S SORE THROAT.

This is a slightly inflamed condition of the mucous membrane of the fauces, glottis, and vocal cords.

SYMPTOMS.—An uneasy sensation in the upper part of the throat, with a continued inclination to swallow, as if there were some obstacle in the way which could be removed by swallowing it. Frequent attempts are made to clear the throat by coughing, hawking, and spitting. There is also more or less pain in the larynx. The voice changes, there is hoarseness, and sometimes toward evening a complete loss of the voice.

After the difficulty has become chronic, the fauces present a slightly raw or granulated sur-

face, and a viscid or sticky mucus mixed with pus adheres to the palate at times.

CAUSES.—Straining the voice in vociferous preaching, lecturing, and singing, or speaking on a high key, rich, unwholesome food, with inattention to the temperature of the feet, and insufficient ventilation of the sleeping room.

TREATMENT PREVENTIVE.—Public speakers and singers may avoid this difficulty by a strict attention to the laws of life. Eat proper food, keep the feet warm, never strain the vocal organs nor speak in a hurried or excited manner, but with moderation. Bathe the throat frequently with cold water, and sleep in a well-ventilated room, and take from four to six hours' exercise daily in the open air.

TREATMENT CURATIVE.—An abstemious diet of plain, wholesome food, with a tepid sitz and foot-bath for five or eight minutes, followed immediately by a cool bath for three minutes, twice a week, with a dripping-sheet twice a week, also a hot fomentation alternated with cold every five minutes for thirty minutes applied to the throat daily for a few weeks, and a cold compress applied to it nights, with proper care of the general health, will generally effect a cure. The vocal organs must be used properly. Always speak in the natural tone.

HAY ASTHMA—HAY FEVER.

This disease is a severe catarrh with an asthmatic affection. It occurs in the summer, and is due to peculiar emanations from decaying vegetation, in connection with overeating or the use of improper food, or, as some suppose, from the

emanations from certain grasses, flowers, or weeds. The mucous membrane of the eye—the conjunctiva—and of the nostrils and throat and bronchial tubes are all somewhat inflamed, and there is headache, the eyes are watery, the nose is irritated, and there is frequent sneezing, and a dry, hacking cough, with occasional paroxysmal attacks of asthma, which last two or three hours. At times, the breathing is so difficult that suffocation appears to be certain.

TREATMENT PREVENTIVE.—Eat but two meals a day, subsist upon a vegetarian diet, and eat nothing between meals. If three meals are eaten, the last should be very light, and of food that is easily digested. Some form of bath should be taken three times a week. The sleeping room should be thoroughly ventilated night and day.

TREATMENT CURATIVE.—Take hot baths of any kind until sweating is induced, then wash off with cold water, use cold water freely about the head, and occasionally a hot fomentation to the head, throat, and chest, alternating with cold every eight or ten minutes, and pursue the same course as directed above for prevention.

Sometimes a change of location during that period of the year when the patient is subject to this difficulty is the only way it can be avoided. When this is the case, the patient should visit a place free from much vegetation. A location with a breeze from the sea or from a large body of water would be good.

WHOOPING-COUGH.

This disease is too well known to need description.

TREATMENT.—Like all contagious diseases, whooping-cough will terminate in health as soon as the specific poison that occasions it is removed from the system. Therefore, all there is to do is to nurse the patient properly. The body should be at all times at about the same degree of temperature. The child should be well protected by warm clothing in cold weather, and the air in its room should be of an even temperature night and day. The temperature should not rise above 65° nor fall below 60°. Extremes in the temperature of the room are generally more injurious than any other one thing in the whooping-cough. The diet must be plain, simple, and rather spare, yet the child must have sufficient to keep him well nourished. Bathe the child three times a week in warm water. The form of bath is immaterial. Give a hot leg-bath for ten or fifteen minutes once or twice a week in addition to the other baths; keep the head cool and the extremities warm at all times. One of the best methods of treating whooping-cough is to apply the cold compress to the chest and hot fomentations to the spine at the same time. This may be done in connection with the above treatment. Hot fomentations should be applied over the liver two or three times a week.

BRONCHITIS.

This disease consists in an inflammation of the mucous membrane of the air passages after they enter the lungs. It may be acute or chronic. Acute bronchitis manifests the same symptoms, and requires the same treatment, as pneumonia, or lung fever, which see.

CHRONIC BRONCHITIS.

This disease is seldom fatal, yet it may lead to a fatal disease. The first attack usually occurs in the winter. The majority of winter coughs are examples of it. In the mild form, there is but a slight cough, with shortness of breath, and a copious expectoration, these symptoms being always aggravated by exposure to cold or wet, or by bad living. This disease may, if the inflammation is confined to the larger tubes, exist for many years, and the patient experience no very great distress other than the discomfort of a frequent cough and expectoration. But if the capillary vessels become involved in the inflammation, the symptoms are more violent, the breath is short and very difficult, and there is an excessive secretion of opaque, frothy mucus, mixed with pus.

TREATMENT.—With the exception of wearing the chest-wrapper nights—see chest-wrapper—and applying once or twice a week the hot fomentation alternated with cold, for thirty minutes, and once or twice a week applying cold to the chest and hot to the shoulders, the treatment should be as directed for constitutional treatment.

CONGESTION OF THE LUNGS.

In treating a common cold on the lungs, give a hot bath of any kind for twenty minutes, followed by a cool bath for five minutes, and abstain from food for a day or two. In the meantime, apply hot fomentations alternated with cold every five minutes for one-half hour each day. The tepid or cold compress or wet-jacket may be worn during the night.

PNEUMONIA.

Lung Fever, as this disease is sometimes called, is an inflammation of the substance of the lungs. It manifests itself by the following

SYMPTOMS.—This disease is ushered in by restlessness and general febrile disturbance. After from one to three days, there are chills or rigors, soon followed by nausea, cough, pain in the side, distressed breathing, and a pulse as high as from 120° to 160° beats per minute, and burning heat of the skin, thirst, loss of appetite, prostration, headache, and sometimes delirium. Frequently the first symptom is the chill, and this is followed immediately by fever, cough, shortness of breath, and restlessness.

TREATMENT.—Keep cool cloths on the head when there is pain or preternatural heat in it. Give tepid packs, or the dripping-sheet, or the sitz-bath, and foot-bath, all at from 85° to 90° once a day. Apply cold compresses to the chest, and make hot applications to the shoulders and between them for thirty minutes twice a day. The fever should be treated according to its form. If it assumes the putrid form, treat as putrid fever; if the nervous form, treat as nervous fever. See Putrid and Nervous Fever.

PLEURISY.

This disease is an inflammation of the membrane that lines the cavity of the chest and lungs.

SYMPTOMS.—A slight chill, followed by a sharp, cutting pain in one or both sides. The pain is usually seated a little below the nipple. The pain is greatly aggravated by the inhalation of air in breathing, as the lungs expand and stretch

the inflamed membrane. It is also increased by coughing, by lying on the affected side, and by pressure. There is a short, harsh cough, the skin is hot and dry, the cheeks are flushed, and the pulse is hard and quick, and the patient is anxious and restless.

TREATMENT.—Time should not be lost before commencing the treatment, as this disease is very apt to terminate in dropsy of the chest, or in the formation of pus. As soon as possible after ascertaining the nature of the difficulty, give the patient as hot a sitz and foot-bath as he can well bear for fifteen minutes. Then apply a fomentation, as hot as can be borne, over the region of the pain for from thirty to sixty minutes. The heat should be renewed every five minutes. At the end of every fifteen minutes during the time, cold compresses should be applied for five minutes at a time. Another plan is to give the hot sitz and foot-bath, then apply ice water to the affected part in front, and the hot fomentation to the shoulders and spine. The fever should be treated as putrid fever, if the patient is very gross, or as nervous fever, if very weak without much grossness. If the dropsical accumulation within the chest continues after the inflammation is apparently removed, treat with sweating baths, as directed for general treatment of dropsy.

Night Sweats, may set in during this disease, or any other inflammatory or febrile (feverish) disease. All that is required is to sponge the patient frequently with tepid or cool water, give him plenty of pure air, and keep him quiet and free from anxiety. Cool dripping-sheets before retiring are among the best appliances.

ASTHMA.

This affection consists in a spasmodic contraction of the smallest branches of the bronchial tubes so that it is with the greatest difficulty that the patient can inhale sufficient air to sustain life. The difficulty is not continuous, but the "attacks" occur at irregular intervals. It is generally symptomatic of other diseases.

TREATMENT.—First, relieve the spasm by the hot half-bath or hot sitz and foot-bath prolonged for half an hour, allowing the patient in the meantime an abundance of pure, cool air, for which he is panting. The patient should drink freely of hot water to relieve the spasms. If the breathing is very difficult, hot fomentations should be applied, alternating with cold for three minutes, at the end of every ten minutes for a half hour. During the interval between the paroxysms, the patient should take constitutional treatment, which see.

PULMONARY CONSUMPTION.

There are several varieties of pulmonary consumption, but inasmuch as they all result in the wasting of the patient's body and vitality, and as they all require about the same treatment, the separate varieties will not be presented here. The symptoms are such that they are not noticed much, and the patient seldom thinks there is much the matter with him until he is past help.

In all forms of pulmonary consumption, the conditions are as follows: The lungs are inflamed and ulcerated, or they contain abscesses, or the

mucous membrane of the air-cells is coated over with a catarrhal membrane, or the lungs are filled with tubercles. It matters not which of these conditions exists, the result is the same. The blood is not properly aerated, as the patient cannot inhale sufficient air to vivify it properly, consequently, the blood is not in condition to be used in building the tissues, and the patient gradually wastes away. The wasting, however, does not particularly consist in the destruction of tissue in the lungs. It consists in this: The same waste and decay of tissue that takes place in health, as the result of vital action, takes place in disease, as the result of vital action. In health, the tissues are rebuilt as fast as waste occurs, consequently, the strength does not fail. In consumption, the same waste of tissue occurs, but as the blood has not sufficient vitality to make tissue, it is not used to any extent, consequently, as the tissues are not rebuilt, the body must soon waste away.

Another fact to be noticed is, that in all forms of consumption, the internal organs, especially the lungs, are congested or inflamed, while there is but a feeble circulation in the extremities and in the surface.

TREATMENT.—From the foregoing remarks, it will be seen that in treating consumption, there are two things to be accomplished if we would be successful. 1. The congested and inflamed condition of the lungs is to be overcome. 2. The tissues of the patient's body are to be supplied with well-vitalized blood. Here, then, we have indicated the course of treatment to pursue. The congestion is to be overcome by inducing an active superficial circulation. This is to be

accomplished by baths of a few minutes' duration at as low a temperature as will be agreeable to the patient. He must not chill, neither must his system receive a shock. The baths should be tepid or cool. If the cool bath is employed, it should not be continued more than one or two minutes, and the patient should be well rubbed during the bath. The tepid bath may be continued from two to five minutes according to the strength of the patient, and should end by pouring cool water over the patient. Never give consumptive patients a bath sufficiently cold to cause a shock.

The above baths should be given once or twice a week, and every one should be followed by friction, or good dry-hand rubbing. If the patient does not warm up by the rubbing, and a good reaction does not take place, the bath will do injury.

The patient should clothe his extremities as warmly as any part of his body, and be sure to keep them always warm. To overcome the inflammation in the lungs, make cold, cool, or tepid applications to the chest, with hot fomentations, or dry heat to the spine for ten or fifteen minutes at a time two or three times a week, and wear the wet compress over the lungs three or four nights each week. The wet jacket may be worn in place of this if it does not cause the patient to chill in the night.

The sun-bath should be taken daily, and the patient should be much in the open air and sunshine, and should occupy a well-ventilated room night and day. His bed should be well aired daily.

To supply the tissues with well-vitalized blood,

the patient must subsist upon nourishing food, discarding all stimulating substances, all grease, fats, oils, and condiments of all kinds. See Diet for the Sick. He must take all the out-door exercise that his strength will permit, and must accustom himself to full and free breathing. The last will require much time, practice, and patience. To accomplish it, the patient should stand erect, with the shoulders well back, or he should lie on his back, without a pillow, on the floor, table, or some other hard, level substance; then, with the lips closed, he should slowly fill his lungs, drawing the air in through the nostrils. Great care is required at first not to strain the lungs. The lungs should be thus filled two or three times, then the patient should rest five minutes, and then fill them as before. He should continue this exercise for half an hour at a time, several times each day, commencing gradually at first, only filling the lungs nearly full. While thus filling the lungs, and during the whole time he is thus occupied, the patient should strike all parts of his chest and abdomen with the closed hand, very gently at first, afterward using more force, but never so as to cause much pain. This full breathing and drumming the chest and abdomen must be persevered in until the lungs fill naturally without it. This may require many months.

The dress must be very loose about the waist; corsets must not be worn. The patient should procure and read a pamphlet entitled, "Good Health" (see the Catalogue), and practice all it teaches. So also should all who would escape this fatal disease; for ninety-nine cases of consumption out of every hundred result from vio-

lating the laws of health needlessly. The young, especially, should strive to so live that they may escape this dreaded and fatal disease. Oil-baths have been recommended in this disease, but I have never given them.

Those who are troubled with lung difficulty should spend a few months at some health institute in the early stages of this disease; for more benefit can be received by them in one month in the early stages than in six months at a later period. The great trouble in treating this disease is that it is generally neglected until it is too late to help the patient.

DISEASE OF THE HEART.

Organic disease of the heart is incurable. Functional derangement of the heart, such as palpitation, irregularity of the pulse, etc., is a symptomatic disease, and may occur when any of the large internal organs are inflamed. Not one in a hundred of those who think they have heart disease have any more disease of the heart than the soundest person in the world. They mistake simple palpitation, and the disagreeable feelings which accompany it, for disease of the heart, whereas the facts in the case are these: Some other organ is congested, or inflamed, or hardened, or wasted, and the circulation becomes unbalanced, and occasionally the heart makes a desperate effort to force the blood through the capillaries of the diseased organ, hence the palpitation, or irregularity.

TREATMENT.—In any case of supposed disease of the heart, the patient should avoid all excitement, and all excessive exercise, and should care-

fully observe all the laws of health, and take treatment as directed for constitutional treatment.

DYSPEPSIA.

If there is any one disease that should excite our sympathy and pity for the sufferer more than another, it is dyspepsia. So long as the food is well digested, the patient may be agreeable, cheerful, and hopeful; but let there be but a slight degree of irritation in the stomach of the confirmed dyspeptic, and a low-spirited condition is immediately induced, which may vary from slight dejection and ill-humor to the most extreme melancholy. At times, the patient misconstrues every act of friendship, is irritable with those who desire to help him, while he exaggerates slight ailments into heavy grievances. When suffering from irritation of the stomach, he is no more like himself when well than a kernel of corn is like a potato. He says and does things exactly contrary to what he says and does when well. This makes him appear fickle and unreliable, yet he cannot help it. Surely, such a person should be pitied.

The work of digestion is principally performed by the gastric and pancreatic fluids. Whenever these two fluids are deficient in quantity or in quality, the food cannot be properly digested, and real dyspepsia is the result.

Cause.—Probably there is no one disease, concerning the cause of which there exists so great a uniformity of opinion in the minds of medical men, as dyspepsia. They all agree that errors in diet and errors in exercise are almost the sole cause of this disease. The principal errors in di-

et that cause this disease are the following: Food taken in too large quantities; food of improper quality, especially greasy food, and food highly seasoned or mixed with condiments; food taken at irregular times. Or dyspepsia may be caused by food imperfectly masticated, through carelessness or hurry, or because of bad teeth, etc.; or by food taken into the stomach at too short intervals, not allowing the stomach sufficient time to rest. The drinking of too much fluid while eating is also a cause of dyspepsia. In addition to these errors, the want of bodily exercise, sedentary habits, inordinate intellectual exertion, care, anxiety, excessive physical exercise, the frequent use of drugs, especially narcotics, smoking, tobacco-chewing, snuff-taking, and the use of alcoholic drinks, tea, and coffee, are each and all causes of dyspepsia.

Symptoms.—These vary in different individuals. A dyspeptic may manifest any of the following symptoms: pain or uneasiness in the stomach, tenderness and a feeling of all-goneness at the pit of the stomach, as some express themselves, foul breath, coated tongue, and unpleasant taste in the morning, capricious appetite, which at times refuses food, and at other times is unsatisfied even after a hearty meal, or there may be an entire loss of appetite; sensation of pain or a sense of weight and fullness in the upper portion of the abdomen, the formation of gas in the stomach or intestines, burning pain in the stomach—heart-burn—cramp in the stomach, frequent eructations of gas or water from the stomach, habitually constipated bowels, chronic diarrhea, or these conditions alternating. There may be nausea and vomiting, palpitation of the heart,

irregularity of the pulse, headache, and occasionally dimness of vision. If the stomach is greatly distended with gas, the breathing will be difficult.

TREATMENT.—Break away from every false habit; eat plain food, cooked in a simple manner; discard all rich food, grease, fat or oil, eat sparingly, masticate the food thoroughly, eat regularly, and not oftener than three times in twenty-four hours; drink neither tea, coffee, nor other drink with meals; use no alcoholic drinks at any time; take all the exercise in the open air that can be taken short of fatigue; breathe full and free; sleep much, and at regular hours; and always retire early. If the stomach refuses to retain food, it should have rest for twenty-four hours, then begin feeding with a single spoonful of milk. After a half hour, give another spoonful, and so on. After a few hours, increase the amount, or add a little sifted oat, wheat, corn, or barley-meal gruel, and increase the amount no faster than the stomach can retain it. Take the mild baths, such as the dripping-sheet, spray-bath, sponge, sitz, or half-bath, twice a week.

Take the dry-hand-rub every morning, and gently percuss the abdomen and chest with the closed fist every hour through the day for ten minutes at a time. Horseback riding is excellent for those afflicted with this disease. Sun-baths should be taken daily. Hot fomentations over the stomach two hours after eating will aid digestion.

INFLAMMATION OF THE STOMACH.

There is a general fever, with burning pain in the upper part of the abdomen, which is increased

on the slightest pressure; constant nausea, followed by violent retchings; an accelerated pulse; difficult breathing; great thirst, with unremitting desire for cold drinks, which are vomited as soon as taken. Soon extreme prostration follows, with faintness.

CAUSE.—Powerful irritants or poisons taken into the stomach; cold water drank in large quantities when the body is heated by exercise, drinking of boiling water; large doses of emetics when they fail to produce vomiting, and large doses of tartar emetic. In most cases it is caused by the medicine the doctor ordered.

TREATMENT.—Give the patient frequent sips of ice water; small quantities of broken ice may he swallowed; cool water may be drank freely. The bowels, when constipated, should be freed by the use of tepid enemas. If there is a diarrhea, give cool or cold enemas. Treat the fever as directed for simple fever. Hot fomentations, or heat and cold alternated, should be applied over the stomach several times a day.

INFLAMMATION OF THE BOWELS.

SYMPTOMS.—There is a general fever—which may begin with chills—accompanied with severe pain in some part of the abdomen, generally around the umbilicus—navel—or on the right side of the abdomen between the right hip and the umbilicus. The pain is increased by pressure, but colic pains are not. The patient lies on his back with his knees drawn up, so as to relax the abdominal walls. There is obstinate constipation generally, but sometimes diarrhea attends, the fæces being green and offensive. Soon the symp-

toms all become more marked, there is excessive thirst, dryness of the tongue, vomiting of bilious or offensive matter, and a watery diarrhea. When the lining membrane of the abdomen becomes inflamed consequent upon childbirth, the disease is called puerperal fever.

TREATMENT.—Reduce the inflammation by the constant application of the cold compress, changed as often as it becomes warm, or with the hot fomentation alternated with the cold compress every ten minutes. The hot sitz and foot-bath may be administered two or three times a day, ten or fifteen minutes at a time. The bowels should be freed by tepid enemas. Ice water may be drank frequently in small quantities. Reduce the fever, if there is any, with frequent wet-sheet-packs or tepid spongings. Treat puerperal fever in the same manner.

DYSENTERY.

When the laws of health are all obeyed, this disease never exists. Dysentery consists in an inflammation and ulceration of the lower portion of the large intestine and the rectum. There is usually more or less feverishness, frequent mucous and bloody stools, bearing down of the lower portion of the large intestine, a frequent desire to go to stool, and griping pains in the abdomen. In some cases, the ulceration extends the entire length of the large intestine and some distance into the small intestines.

CAUSE.—Improper food, impure water, exposure to wet and cold, intemperance, excessive use of flesh-meats.

TREATMENT.—The bowels should be well

cleansed by a large warm enema, after which a small cold enema should be given and retained if possible. In some cases, ice water has the most soothing effect. The warm sitz-bath may be taken for eight or ten minutes at a time two or three times a day. A large cold wet compress should be applied to the abdomen constantly, and changed as often as it becomes warm, until the inflammation is subdued. Hot fomentations applied for half an hour, or alternated with cold every ten minutes, will be found very useful. The entire surface of the body should be sponged off several times a day with water that is most agreeable to the patient's feelings, until the fever ceases. The patient should take occasional sips of ice water. The diet should be very spare until the violence of the inflammation and fever is overcome. Total abstinence from food is better. All the food taken should be bland, and of the lightest kinds, such as boiled rice, rice-meal gruel, gruel from any kind of meal, with or without milk. New milk may be given. Perfect rest in bed in a well-ventilated room is requisite even in the mildest forms of dysentery.

DIARRHEA.

Medical writers give us seven varieties of this disease; but as such a division will only tend to confuse the mind of the nurse, the disease will be described as a unit.

CAUSE.—Overeating, and the use of improper food, such as unripe fruit, raw vegetables, sausage, pork, veal, or excessive quantities of fresh meat of any kind. Salt meat and salt fish may cause diarrhea by first inducing constipation. It

may also be caused by want of nourishing food, by drinking foul water, or by inhaling the fumes of decaying animal or vegetable matter, or by great mental excitement, exposure to damp or cold, or by excessive heat. Diarrhea is often a symptom of pulmonary consumption, congestion of the liver, and nervous and putrid—typhoid—fever.

SYMPTOMS.—The fæcal discharges may be of the common quality, yet be loose and copious; if so, the cause is overeating or irritating food. In addition to the former symptoms, the fæces may contain much bilious matter, in which case the discharges would be yellow or greenish. There may be much mucus mixed with the fæces, or they may be very watery, the discharges being thin and frothy, or the food may be expelled undigested. There may be membranous matter discharged; if so, there is much inflammation in the bowels. There is also griping pain in the abdomen.

TREATMENT.—This must depend upon the cause. If occasioned by overeating, fasting would be requisite; if by liver difficulty, the liver should be treated (see Diseased Liver); if by inflammation of the bowels, treat the inflammation. When the treatment is commenced, a very thorough tepid enema should be administered. It should be as large as the patient can bear, and should consist of from a quart to two quarts of water for an adult, and in proportion for a child. The enema should be repeated the second day. Small cold enemas—about a tumblerful—should be administered once or twice a day and retained. Warm sitz-baths, followed by a cool sitz-bath, should be taken for fifteen or twenty min-

utes, three or four times a week. The hot fomentation, alternating with the cold compress, once or twice a week, is useful. The general health must be attended to (see Dyspepsia). The food must be largely or wholly composed of preparations of fruits and grains. Wheat meal, oatmeal, barley meal, and cracked wheat, may all be used.

MALIGNANT OR EPIDEMIC CHOLERA.

This disease has been considered the most fatal of any to which the human race is subject. Its characteristic features are vomiting, purging of watery discharges of the color and consistency of rice water, cramps, loss of animal heat, suppression of the urine, collapse and secondary fever.

There are usually three stages. In the first, there is diarrhea. In the second, there is purging of rice-water evacuations, vomiting, severe cramps, laborious breathing, coldness, with livid or bluish skin, sinking of the pulse, and collapse. In the collapsed stage, the surface is cold, the skin blue, the tongue lead color and cold, the lips are purple, the eyes sunken in their sockets, the cheeks fallen, the body diminishes, and there is a death-like appearance of the entire body; the voice is husky and faint, and the skin is bathed in a cold sweat. In the third stage, there is a reaction; a fever sets in, which continues until all danger is past.

Cause.—The immediate cause of epidemic cholera is unknown, but is supposed to be atmospheric. There are, however, certain well-known predisposing causes which all may avoid. When these causes are present, sporadic cholera—chol-

era morbus—may exist, and if the atmospheric cause is also present, epidemic cholera may prevail; without these predisposing causes, neither form can prevail, therefore, cholera of every description may be avoided by avoiding the predisposing causes. These are, malarious gases that arise from decomposing vegetable and animal matters, want of ventilation, impure water (this last is very bad), fear, and uncleanly habits of person and house.

TREATMENT PREVENTIVE.—Remove all decomposing animal or vegetable matter, including offal, manure heaps, stagnant water, foul pig-pens, henneries, and privy vaults. In other words, make your premises as clean as possible, keep the living and sleeping rooms thoroughly ventilated night and day, and let in the sunlight. Use no impure water—be sure on this point—use filtered rain water or soft water, and eat plain, nourishing food, composed of vegetable substances. Take a tepid bath twice a week; keep the bowels regular by the use of wheat-meal bread, mush, or with enemas if necessary.

TREATMENT CURATIVE.—As soon as the diarrhea makes its appearance, administer a copious tepid enema, give a warm bath for twenty minutes, and put the patient to bed and enjoin strict repose; then apply a cold compress to the abdomen, and change as often as it becomes hot. Let the patient drink freely of cool or tepid water, or sparingly of cold water. If the diarrhea continues four or five hours after the bath, give a small cold enema, to be retained. Give a woolen sheet pack, as hot as the patient can bear, for fifteen or twenty minutes, then take him out and wipe dry, then apply the cold compress to the abdomen as

before. After vomiting occurs, give ice water in small quantities to drink. Bits of ice may be swallowed also. If cramping occurs, apply heat to the extremities and abdomen, and rub all parts thoroughly. Should collapse occur, give an enema of hot water of three, four, or more pints as hot as the patient can bear, and envelop him in a very hot wet woolen blanket, covered with dry blankets, as directed for packs. As the patient recovers, be careful not to overfeed him, nor allow him to take too much exercise. This disease is often fatal.

CHOLERA MORBUS, OR SUMMER CHOLERA.

The symptoms of this are not so violent as in the preceding variety of cholera; yet they do not differ particularly, except that the matter expelled both by purging and vomiting contains a great amount of bilious matter. The attack is generally sudden. At first, the contents of the stomach and intestines are voided by vomiting and purging, and then a quantity—sometimes an enormous quantity—of thick, yellowish fluid is expelled from the bowels by purging and vomiting. And there is a burning sensation in the upper part of the abdomen. After a while, spasms occur in the lower extremities, especially in the calf of the leg; the surface of the abdomen is drawn up into knots, and, in course of time, the patient, exhausted by the pain and the spasms, and still more by the abundant discharges, grows cold and faint. Death sometimes follows, but not often.

CAUSES.—The same as in the preceding variety.

TREATMENT.—In the early stage, give the patient copious warm enemas, and let him drink freely of warm water. After this is vomited, let him drink ice water frequently, but in small quantities. As soon as possible after the "attack," give a warm sitz and foot-bath, or the half-bath, or full bath, or hot wet woolen sheet pack. It should continue about twenty minutes. The cold compress should be constantly applied to the abdomen, and changed as often as it becomes warm. The griping in the abdomen is best relieved by hot fomentations. The preternatural heat of the patient, should any exist, may be relieved by the cool sitz-bath, frequent sponging, or the wet-sheet pack; if headache occurs, apply the cold wet head-cap.

CHOLERA INFANTUM.

This disease prevails extensively among infants, generally in their first and second years, in cities during the summer.

SYMPTOMS.—These do not differ materially from the preceding. The first symptoms of the disease are generally profuse diarrhea, the stools being fluid of a light color, though often of a pale yellow or green color. After a few days (from one to three or four), vomiting sets in, and everything taken into the stomach is ejected immediately, and with violence. After the disease has continued a short time, the discharges from the bowels are a colorless and inodorous fluid, and are discharged without the least effort. At times, however, they are voided with force. In this case, there is severe griping and dragging, or bearing down in the lower intestine.

TREATMENT.—Give first a tepid enema. Then, at intervals of a few hours, give small cool enemas, give a warm full-bath for a few minutes daily, and frequent spongings with tepid or cool water; give pure, cool water to drink freely, and if there is blood passed, give a small cold enema. Hot and cold compresses alternated may be applied to the abdomen daily. Place the child where it can have an abundance of pure, free, cool air. Keep the clothing and bedding clean and dry. If the head becomes affected, apply to it hot fomentations, alternated with cold. Feed the child as directed in Diet for Infants in the pamphlet entitled Good Health. See Catalogue.

WIND COLIC—FLATULENCE.

When the food is not properly digested, or when unsuitable food is eaten, or when from any cause the food ferments in the alimentary canal, a gas is generated which, inflating a portion of the intestines, causes severe pain. There is, however, no inflammation, and no preternatural heat, and the pain is somewhat relieved by pressure. Colic is also caused by the retained fæces in constipation. Infants, when fed from a bottle by a careless nurse, often swallow air with their food in sufficient quantities to cause extensive flatulence.

TREATMENT PREVENTIVE.—Avoid the use of all such food as is known to cause colic. Avoid exposure to damp and cold. Eat moderately of the most wholesome food. Attend to the general health.

TREATMENT CURATIVE.—Give a thorough enema of tepid water, and apply hot fomentations, alter-

nated with cold, to the abdomen. The hot, warm, or cold sitz-bath may be employed.

LEAD COLIC, COPPER COLIC.

Colic is often occasioned by sleeping in a newly painted room, or by working with paint made of white lead, or by working brass and copper.

SYMPTOMS.—Similar to those in wind colic, and in addition, there are severe griping pains at or just above the umbilicus; the edges of the gums are of a purple or lead color.

TREATMENT.—The same as for the preceding variety, viz., large tepid enemas, hot fomentations alternated with cold, to the bowels, and hot, warm, or cold sitz-baths for twenty minutes.

CONSTIPATION.

As a rule, most people, when their bowels act normally, have an evacuation every day; some, twice a day, and others, once in two days. It is important that the bowels should act regularly, and that they act sufficiently often that their contents shall not become hardened. It is best that they act once or twice daily.

There are many, however, who neglect themselves, and have no regularity of habit in this respect. Evil results often follow this neglect, such as irritation of the mucous membrane of the intestines, causing inflammation, diarrhea, dysentery, piles—hemorrhoids, etc.

CAUSE.—The most common cause is the use of bread made of bolted wheat flour, salt fish, salt meat, and sedentary habits.

TREATMENT.—Move the bowels with enemas, and subsist upon plain food; use no bolted wheat

flour, but use unbolted wheat meal or graham flour, corn meal, oatmeal, pearl barley, cracked wheat, hulled corn, etc., and fruit, especially apples. Take daily exercise in the open air, such as walking, horseback riding, or useful labor of any kind. Indolence and too much sleep must be avoided. A glass or two of cold water drank night and morning is very beneficial.

Sometimes the rectum becomes so packed with hardened fæces that a passage cannot be had, nor can water be introduced. In such cases, the fæces must be removed with the handle of a spoon, or a similar instrument, or with the fingers.

PILES—HEMORRHOIDS.

The usual causes of this troublesome difficulty are habitual constipation, the frequent use of purging medicines, torpid liver, straining to pass hardened fæces, rich food, insufficient exercise, etc.

TREATMENT.—Keep the bowels free, avoid all the known causes of the difficulty, do not overeat, and take a shallow cold sitz-bath two or three times a day, when they are inflamed and painful. Ice introduced into the rectum will give relief.

When bleeding or internal piles exist, the hemorrhage can be stopped as directed for hemorrhage of the rectum, which see. The general health must be well attended to. See Constitutional Treatment.

WORMS.

CAUSE.—The use of unwholesome food, overeating, and indigestion, are the chief causes. It

is true that the eggs must be introduced into the alimentary canal, yet, were proper food taken in proper quantities, the bowels would act regularly, and the worms could not remain in them.

SYMPTOMS.—The most common are colicky pains and swelling of the abdomen, picking of the nose, itching of the rectum and anus, irregularity of the bowels, foulness of the breath, grinding of the teeth while sleeping, voracious appetite, headache, etc. The most conclusive evidence is the passage of worms or joints of worms.

TREATMENT.—The small thread worm can generally be removed by cold enemas of salt water, which should be given three times a week for a few weeks to remove any remaining worms. Sometimes cold water alone is sufficient. The long, round worm will have to be killed in most cases before it can be removed. Anthelmintics, or worm medicines, will have to be given. These are simply poisons, and are not to be given for the purpose of curing the sick child, but for the purpose of killing the worms, thereby causing them to loosen their hold on the mucous membrane of the intestine, after which they are readily passed off. Of course a large dose of the poison would kill the child. There are many cases, however, in which the worms can be caused to loosen their hold by the use of mucilaginous drinks; pumpkin-seed tea or slippery elm bark will often effect this. When a tape worm is known to exist within the bowels—this is ascertained by the passage of joints of the worm—a physician who understands his business should be employed, as much care has to be exercised in administering the poisons.

ASCITES—DROPSY OF THE ABDOMEN.

When this disease exists, the general health must be improved by the employment of suitable hygienic agencies. Tepid enemas should be administered frequently, also hot-air-baths, hot packs, or hot sitz-baths, once or twice a week. In all other respects follow directions for constitutional treatment, and general treatment of dropsy.

DISEASED LIVER.

This term is intended to cover all the diseases to which the liver is liable.

The liver may be simply congested, or it may be hardened, or it may be wasted, or gall-stones may exist and remain in the gall-bladder, or they may pass through the biliary ducts, causing excruciating pain, or the liver may be inflamed, the bile may be reabsorbed, causing jaundice, or abscesses may form in the liver.

Symptoms.—When the liver is congested, there is headache, a disinclination for exertion, frequent flushing of the face, coldness of the extremities, pains in the muscles of the loins and limbs, weight in the right side under the lower ribs, the bowels are more or less filled with wind, there is nausea, dizziness, dyspepsia, slight jaundice, and highly colored urine, which is usually rather scanty.

When the liver is in a state of wasting (atrophy), there is indigestion, flatulence—wind in the intestines—constipation and diarrhea alternating, pale-colored stools, a dry, sallow skin, falling away in flesh, and loss of strength.

When gall-stones pass from the gall-bladder, they cause a sharp, cutting pain in the region of the liver, and the patient throws himself about on the bed in different positions to get relief by change of posture. The upper portion of the right side of the abdomen is very sensitive to the touch, nausea and vomiting come on rapidly, the bowels are confined and distended with wind.

When there is acute inflammation, there is, at the first, tenderness over the liver, high fever, hot skin, extreme thirst, scanty urine, fullness, and more or less pain in the right side under the ribs, which is aggravated by pressure, by coughing, or by deep breathing; inability to lie on the left side, the breathing is more or less difficult, and there is a sympathetic cough, vomiting, and pain in the shoulders. If the inflammation continues to the suppurative stage, an abscess forms. The symptoms attending abscess are the same as those in acute inflammation, with the addition of chills, hectic fever, disturbance in the stomach, weight in the region of the liver, and a dry cough.

When jaundice exists, the skin and the membrane of the eyes are of a yellow color, the urine is saffron-colored, and there may be exhaustion, drowsiness, giddiness, or peevishness.

TREATMENT.—This must first be with reference to the cause, which must be removed. All highly seasoned food, all fats and oils, sweetmeats, and rich preserves, sauces and gravies, etc., must be avoided. The patient must use only the most wholesome articles of diet, take exercise daily in the open air, sleep in a well-ventilated room, keep the bowels unobstructed by the use of coarse food or by enemas. He should take a thorough

dry-hand-rubbing on rising in the morning, and two or three times a week take a tepid or cool sitz-bath for five minutes, followed by a tepid dripping-sheet.

If gall-stones are passing, he should apply hot fomentations over the region of the pain. When there is acute inflammation, he should apply the cold compress constantly, unless the pain is severe, in which case, the hot fomentation should be applied. The cold compress may be occasionally exchanged for the prolonged warm fomentation. The hot sitz-bath and hot foot-bath are good in this difficulty. In all forms of liver disease, the wet-girdle should be worn four nights in the week. The directions for taking constitutional treatment should be followed out except when contra-directed here.

DISEASES OF THE SPLEEN.

Those who have had intermittent fever, and have taken much quinine, are apt to have a diseased spleen. A hard lump may be felt in the left side—usually known as ague cake—and there is more or less pain in the left side.

TREATMENT.—The same as for diseased liver.

INFLAMMATION OF THE KIDNEYS.

Scrofulous persons are quite apt to have acute inflammation of the kidneys. This disease is also brought on quite frequently by exposure to cold and damp, also from the formation of gravel—hardened calculi—in the kidneys or their excretory ducts—the ureters—occasioned by drinking hard water, also from intemperance combined with poor living, also from the use of medicines given to pro-

mote the urinary excretions. Suppuration and the formation of abscesses in the substance of the kidneys often result from acute inflammation in these organs. Chronic inflammation may result in a gradual breaking down of the excreting glands of the kidneys, causing most serious difficulty.

SYMPTOMS.—In the acute variety of this disease, there is deep-seated pain in the loins on the affected side, especially in the region of the kidneys; the pain sometimes extending along the duct from the kidney to the neck of the bladder, or to the groin. The pain is increased by pressure or by exercise. There is also numbness of the thigh on the affected side. There may be occasional chills, fever, nausea, and vomiting, great thirst, constipation, and a swollen or bloated abdomen, and occasionally there may be suppression of the urine.

In chronic inflammation of the kidneys, the symptoms differ from the above in that they are scattered through a longer period, consequently are not so noticeable, yet, were they all concentrated into two or three weeks' time, they would be as above described.

TREATMENT.—Acute inflammation of the kidneys should be treated by applying hot fomentations to the loins and back, over the kidneys, or by alternating the hot fomentation with the cold compress, or by applying cold to the back, and heat to the bowels over the umbilicus. The hot sitz-bath should be taken frequently. The hot-air-bath and the hot wet woolen sheet pack are also applicable. The fever that attends should be treated as an ordinary fever. Wear the cool wet-girdle nights, and apply cold water over the kidneys frequently.

In chronic inflammation of the kidneys, the tepid sitz-bath, full-bath, half-bath, the dripping-sheet, and the spray-bath, are all applicable, and any of these may be taken three times a week. If there is much pain, apply hot fomentations. The diet must be strictly hygienic.

INFLAMMATION OF THE BLADDER.

This disease is not a frequent occurrence, yet it sometimes exists as the result of stone in the bladder, or the habitual use of medicines to promote the urinary excretions. It may also be caused by the protracted retention of the urine.

SYMPTOMS.—Shivering, pain over the bladder, and heat in the external urinary passage—the urethra—with a constant desire to pass urine, which is voided in very small quantities. There is a high fever, with nausea, general restlessness, and anxiety.

TREATMENT.—Give the hot sitz-bath, as hot as can be borne, for fifteen or twenty minutes at a time, three or four times a day, and apply the cold wet compress over the bladder at other times. Renew the compress as often as it gets warm. Treat the accompanying fever with wet-sheet-packs, or tepid baths, as directed for fever in general. Give an occasional tepid enema, with a small cold enema to be retained after the bowels have moved. Keep the extremities warm.

PARALYSIS OF THE BLADDER.

It sometimes happens that for some cause, such as neglect, or sensitiveness because of the presence of persons of the opposite sex, that the urine is retained until the bladder, by being over-

stretched, loses its power to contract and void its contents, or there may be internal pressure against the neck of the bladder, caused by retroversion of the uterus. When the bladder is filled to its utmost capacity, the urine will dribble away slowly, this incontinence being one of the symptoms of retention.

TREATMENT.—In all cases when retroflexion of the uterus is not known to be the cause of the retention, it may be considered as highly probable that paralysis of the bladder exists. If the pain is not very severe, a hot sitz-bath or hot fomentation should be given without delay. The hot application should be followed by a dash of cold water on the abdomen. If the distress is very great, or if the hot applications do not cause a passage of the urine, or if the retention is caused by retroversion of the uterus, the urine should be immediately drawn off with a catheter.

PAINFUL URINATION.

This disease may be relieved by warm sitz-baths, or the warm full bath, hot fomentations, and copious water drinking.

INCONTINENCE OF URINE.

This disease consists of a frequent or perpetual discharge of urine. The difficulty in retaining it is caused by the habitual use of hot drinks, medicine given to promote the secretion of urine, and alcoholic drinks.

TREATMENT.—Remove the cause, and follow the plan directed for constitutional treatment.

UTERINE DERANGEMENTS.

The uterus and vaginal canal are liable to several forms of disease. There may be acute or chronic inflammation of this organ, or there may be excessive menstruation, or suppression of the menses, or retention, or painful menstruation; or there may be displacement of the uterus, or cancerous tumors, or ulcerations, or leucorrhœa may exist. There are but few of these difficulties that can be successfully treated at home, and every patient who is afflicted with serious uterine difficulty should go to some good health institute where the principles of treatment advocated in this work are carried out. The Health Reform Institute at Battle Creek, Michigan, is probably the best in America.

INFLAMMATION OF THE UTERUS.

The symptoms in this difficulty are similar to those in inflammation of the bladder. There is, however, a sense of weight and pain that is not referable to the bladder, and which is caused by the swollen uterus.

TREATMENT.—The same as for inflammation of the bladder. In addition to this, however, give frequent cool vaginal injections.

LEUCORRHŒA.

This disease affects more than half the women in America. In fact, it is the most common disease to which women are liable. It consists of a slight inflammation of the mucous membrane of the vaginal canal, or of the uterus, which results

in the throwing out of a white, or yellowish white, fluid, which is frequently or constantly discharged. There is usually more or less pain in the back, with a sense of weariness after slight exertion, loss of appetite, lowness of spirits, nausea, flatulence, or some other form of indigestion.

TREATMENT.—The patient should seek to improve the general health by carefully following the directions given for constitutional treatment. In addition to this, cool vaginal injections should be administered three or four times each day.

The same treatment is applicable to most uterine difficulties. If the patient is full of blood and not much reduced, the treatment can be more vigorous; but if weak and bloodless, the treatment must be mild.

SUPPRESSION OF THE MENSES.

For cause and treatment of this difficulty, see Chlorosis.

UTERINE DISPLACEMENTS.

Uterine displacements require both general and local treatment, and, as a general thing, cannot be successfully treated at home, yet there are certain preventive measures that ought to be understood and adopted by all, and these consist in avoiding the causes of the difficulty. The habit of dressing girls so that their extremities become chilled while the internal organs are overheated, is one great cause of this difficulty. Another cause is wearing corsets, and having the garments tight about the waist, or suspended therefrom, thereby pressing the abdominal organs down upon the pelvic organs so that the

latter have to give way to make room for the former. Hardened fæces, if allowed to accumulate in the lower bowel, may cause displacement, as also may severe straining at stool.

There is one habit that very many girls and young women have that is very liable to cause displacement of the uterus, in fact, I believe that a large share of the cases of retroversion and retroflexion are dependent mainly on this one habit. The habit to which I refer is that of retaining the urine until the bladder becomes filled to its utmost capacity. As the bladder becomes filled with water, it tips the uterus backward or presses it downward.

Mothers should instruct their daughters to attend promptly to the calls of nature, for if this matter is habitually neglected, it soon becomes a fixed habit, and the bladder in a great measure loses its powers of sensation so that the distress which was experienced at first when it was but slightly distended is not felt when the distention is still greater. The constant downward and backward pressure of the bladder against the uterus soon tells upon its supports, and the displacement becomes permanent.

In treating displacements, all the causes of the difficulties should be carefully avoided, and the general health well attended to and improved. Cool baths and cool vaginal injections and cool sitz-baths of four or five minutes' duration are beneficial. The abdomen should be well kneaded daily, and the bowels kept free. In many cases, the organ will require to be occasionally replaced. The patient should take constitutional treatment.

SKIN DISEASES.

When the general health is neglected, and internal organs become torpid, the skin is liable to various diseases, such as eruptions, rashes, scales, etc.

TREATMENT.—It matters not what form the disease of the skin assumes, constitutional treatment is required, and in addition thereto, the patient should strictly regard all the laws of health.

ITCH.

The itch is caused by a minute insect that burrows under the scarfskin. The disease commences as watery pimples, which, becoming ruptured by scratching, become festering sores.

TREATMENT.—Administer a thorough, hot full bath, or a prolonged warm bath, using soft soap freely, then apply an ointment made of eight ounces of lard or glycerine, two ounces of flour sulphur, and one-half ounce of carbonate of potassium. Apply the ointment warm to all parts, then put the patient to bed and wrap him up well all night; be sure the patient keeps warm. In the morning, wash thoroughly in hot water with plenty of soft soap. Wash all the bedding used about the body, and boil it thoroughly, to remove the sulphur.

ACCIDENTS.

Burns and Scalds. If the burn or scald is not so serious as to raise a blister, there will be no special requirement for treatment, except to quiet the nerves and exclude the air.

The part may be oiled with any kind of oil, or it may be covered with molasses, or anything to exclude the air. Cotton-wool bound on will often be all that is required. If a blister is formed, the water should be removed by pricking the skin with a fine needle. Care must be taken not to remove the skin, however, as this would permit the air to come in contact with the flesh, and serious consequences might follow. After letting the water out, as directed, the part should be oiled and bound with cotton, as directed above.

If a fever arises, the patient should take a bath at 70° or 75° for a few minutes, and then take a dry pack to induce sweating if possible, giving water to drink freely. In deep burns, where the skin is removed, starch or flour may be sprinkled over the part and allowed to remain until it is removed by the formation of pus, when the surface may be gently washed, and the flour again applied. Instead of using the flour, oil and cotton may be used.

After once dressing the wound, it is best not to remove the bandage any sooner, nor oftener, than is required to keep the part clean, as the admission of air causes mischief.

When a person's clothes take fire, the flame can be speedily extinguished by wrapping him in a blanket. This will exclude the air, and extinguish the flame.

DROWNING.

If a person is drowned, an effort should be made to restore life, unless an hour or more has elapsed since the accident.

It should be remembered that, in drowning, death occurs from lack of air, and not because the lungs are filled with water. In drowning, the glottis closes spasmodically, and shuts the air out from the lungs.

TREATMENT.—Place the patient on his back with the head and shoulders slightly raised. Cleanse the nostrils, mouth, and throat from mucus, after which draw the tongue firmly forward, so as to keep the tip well extended at the side of the mouth; this will open the glottis; then compress the front and sides of the chest with the patient's own arms, which will force the air out of his lungs; then suddenly remove the pressure, and grasp the arms just above the elbows and draw them upward until they nearly meet above the head. Then lower them and replace them at the patient's side, and again press upon the chest to force the air from the lungs, and raise as before; repeat the process fifteen times in the minute, that being the usual number of inspirations per minute, moving the arms slowly each way. The face should be well fanned at the same time. Continue this process until life is restored or until it is certain that death has actually taken place. While this process is taking place, assistants should apply warmth to the extremities and body.

In *apparent death*, from any cause, this process should be resorted to.

UNKNOWN DISEASES.

It sometimes happens that a person is ailing, yet does not know the nature of his disease. Perhaps he is able to keep about and do some

work, yet there is a general weakened condition of the system. He is easily fatigued, does not rest well nights, but feels tired or exhausted on waking, has no appetite, feels better about ten or eleven o'clock in the forenoon, and continues to feel so until two or three in the afternoon, then begins to be weary. The question is, What ails him? The doctor answers, Nervous debility. But what is that? What are his conditions? They are dyspeptic, with torpid liver, constipated or relaxed bowels, weak lungs, and, in fact, nearly every internal organ is more or less diseased. The organic nervous system is not sustained properly because the blood is poor, and this is caused by indigestion and a failure to breathe enough to properly vivify the blood. Such persons wish to know what to do to regain health.

TREATMENT.—He should carefully examine every habit of life and ascertain wherein he is transgressing the laws of health, and correct every false habit. Perhaps the sleeping room is not properly ventilated, or it may be the sunlight is shut out of the dwelling. The water used may be hard or impure, or perhaps he does not bathe sufficiently often to keep the pores of the skin open. It may be that the food is too highly seasoned, or is not properly cooked, or is eaten in too large quantities or too frequently, or too late in the evening; perhaps tea or coffee is used with the food, or too much flesh may be eaten, or fats, oils, butter, rich gravy, or preserves, and condiments. Or the food may be imperfectly masticated, or there may have been exposure to wet and cold. The clothing may not be properly adjusted; perhaps the limbs and feet are insufficiently cloth-

ed, while the body may be too warmly clad, or the clothing may be too tight. The habits may be sedentary, and he may not exercise sufficiently to keep up a good circulation, or the exercise may not be of the right kind, or he may be overworked. Perhaps rest and sleep are not taken regularly, or the bed is old and filthy, or is not aired daily, or perhaps a feather bed is used, or perhaps the night vessel is left standing in the room, or left uncovered to send off its effluvia. Perhaps the fæces and urine are retained until their poisons are reabsorbed by the system, or, in the case of females, until by the accumulation the uterus is displaced. The bodily positions may be wrong, so that by the constant bending or crooking of the body some of the internal organs may be so pressed out of position that they cannot properly perform their functions. Or it may be that there is decaying vegetation near the residence, and that the air is tainted with its noxious gases. Perhaps a heap of stable or barnyard litter, or a pigpen or privy vault, or a pond of stagnant water throws off these gases, or the cellar may be unventilated or contain decaying vegetables, fruit, or meat.

Perhaps there is some mental difficulty that causes the ill health. It may be care and anxiety, or worry, or a lack of cheerfulness, or moroseness, or despondency, or the mind may be unoccupied the patient having no object in life. It may be a sense of wrong doing, or a knowledge of duties undone, that weighs upon the mind and preys upon the health.

These points should all be considered, for every one of the foregoing habits and conditions engenders disease, and prevents a restoration to health.

Therefore let every chronic invalid study well the laws of health, and obey them. He should also take constitutional treatment.

CONSTITUTIONAL TREATMENT.

Many cases of chronic disease require coustitutional treatment as well as local treatment. By constitutional treatment is meant a course of treatment calculated to increase the constitutional power and vigor of the patient. This treatment consists, first, in putting the patient on a plain, unstimulating diet, which must be composed of the very best quality of fruits, grains, and vegetables. There should be a variety of these provided, so that the weak digestive organs may find plenty of good, nourishing food from which to make blood.

There need not and should not be a very great variety at one meal, but there should be in the course of the week a good variety used. Sweet milk and cream may be used to some extent in cooking other food, and, if the patient is not an experienced vegetarian, or if he is very much debilitated, he should occasionally, that is, once or twice a week, use a little fresh beef or mutton that is free from fat. It is far better, however, to abstain from such food entirely, as soon as a person can habituate himself to a vegetable diet.

In addition to proper diet, the patient should form habits of regularity in all things, and especially in the time of eating, retiring for sleep, amount of exercise, and in moving the bowels. The clothing should be worn loose about the waist, the feet and limbs should be warmly clad; and the patient should spend as much as pos-

sible of his time in the open air and sunshine—avoiding excessive heat, however—and should sleep in a large, airy room. On rising in the morning, the patient should rub himself briskly with the dry hand for five or ten minutes, being careful not to chill. He should also, as often as every other day, take a tepid bath of ten to twenty minutes' duration, followed by a cool bath for three to five minutes, and this, by a thorough drying and dry-hand-rubbing. If he has liver, kidney, or bowel difficulty, or trouble with the spleen, he should wear the wet-girdle three or four nights in the week. If the throat is affected, he should wear the compress around it nights, keeping it well covered with a dry cloth.

GLOSSARY.

Abdomen. The belly.
Abortion. The expulsion of a fœtus before the seventh month; miscarriage.
Abscess. A collection of pus in a cavity.
Actual Cautery. A red-hot iron for cauterizing or burning the flesh.
Acute. An acute disease is one which, with a certain degree of severity, has a rapid progress and short duration.
Adhesive Inflammation. That inflammation which causes organs to adhere, or stick together.
Affusion. The act of pouring out.
Alteratives. Medicines that change the form of the disease.
Alternate. That which happens by turns.
Anasarca. General dropsy.
Aneurism. A blood tumor caused by stretching the coats of an artery.
Anthelmintic. A worm medicine.
Antiseptic. That which prevents putrefaction.
Ascites. Dropsy of the belly.
Atrophy. Wasting of the flesh.

Bronchia. The two tubes, and their branches, which arise from the branching of the windpipe.

Calculi. Gravel or stone found in the liver, kidneys, and bladder.
Catamenia. The monthly flow of females; the menses.
Cathartic. A purging medicine.
Catheter. A tube for drawing off the urine.
Cerebellum. The hinder and lower part of the brain.
Cerebrum. The front and upper portion of the brain.
Chronic. Of long duration.
Cicatrix. A scar.
Clyster. An injection; liquid thrown into the intestines.

Coma, Comatose. Profound sleep.
Confluent. Running together.
Constipation. Obstructed bowels.
Contusion. A bruise.

Defecation. The act by which the bowels are freed of their contents.
Depuration. Cleansing from impurities.
Diagnosis. Distinguishing one disease from another.
Diaphoretic. Medicines that cause sweating.
Diathesis. Disposition or constitution of the body.
Diuretic. A medicine that occasions an increased flow of the urine.

Efflorescence. Eruptions; a rash, or a redness of the skin.
Effluvia. Emanations from substances, as from flowers, or from putrid matter.
Effusion. The same as *Affusion*, which see.
Eliminating. Discharging; throwing off.
Emmenagogue. A medicine that occasions increased bleeding in connection with the menses.
Enema. An injection.
Enteritis. Inflammation of the intestines.
Epidemic. A prevalent disease.
Epigastric. That part of the belly that lies over the stomach.
Exacerbation. An increase of the manifestations of the symptoms in a disease.
Expectoration. To expel from the chest matters collected there.
Extravasation. The same as *Affusion*, which see.
Exudation. Sweating.

Fæces. The contents of the large intestine; the matter discharged from the bowels.
Fauces. The narrow passage between the mouth and throat.
Febrile. Pertaining to fever.
Fetid. Having an offensive smell.
Fœtus. The child while in the womb.
Fistula. A pipe formed from an abscess.
Flaccid. Soft and weak.
Flatulency. Wind in the stomach and intestines.
Flux. An unusual discharge from the bowels.

Fungus. A spongy growth; proud flesh.

Gangrene. Mortification of a part while the body still lives.
Gargle. A wash for the mouth.
Gastric. Belonging to, or relating to the stomach.

Hemorrhage. Bleeding; a discharge of blood.
Hemorrhoids. The piles.
Hepatic. Pertaining to the liver.
Hereditary. That which is communicated from parents.
Herpes. An eruption of the skin; tetter, ring-worm.
Hernia. A rupture and protrusion of some part of the abdomen.
Hygiene. The art of preserving the health.

Idiopathic. Any primary disease is idiopathic.
Indurated. Hardened.
Ingestion. Placing within the stomach.
Ingesta. That which is within the stomach.

Lethargy. Excessive sleepiness.
Lesion. A hurt, wound, or disorder.
Lochia. A bloody and watery discharge, following the delivery of a child.
Lumbago. Rheumatism in the loins or small of the back.

Menses. The monthly discharges of females.
Metastasis. A removal of a disease from one part of the body to another.
Micturition. The act of passing water.
Morbid. Diseased, or relating to disease.
Morbific. Causing disease.

Narcotic. A stupefying drug.
Nausea. Inclination to vomit.

Opthalmia. Inflammation of the eyes.
Organic. Composed of organs.
Osseous. Relating to bones.
Ova, Ovum, Ovules. Germinal particles; eggs.
Ovaries. The organs which produce the ova, or eggs.

Panacea. A pretended universal remedy.
Paralysis. A loss of voluntary motion.

Paroxysm. A periodical fit of a disease.
Permeate. To pass through the pores.
Polypus. A tumor that forms on a mucous membrane.
Prophylactic. A preventive, or a preservative.
Pulmonary. Relating to the lungs.
Purulent. That which has the character of pus.

Rectum. The lower part of the large intestine.
Regimen. The regulation of the diet.
Resuscitate. To recover from apparent death.

Saccharine. Having the quality of sugar.
Sanguine. Bloody ; blood-like.
Scirrhus. Hard ; knotty ; hard cancer.
Scorbutic. Pertaining to scurvy.
Sedentary. Inactive.
Serous. Thin ; watery.
Serum. The watery portion of the blood.
Stranguary. Extremely difficult and painful urination.
Stricture. A contracted condition of some tube or duct.
Suppurate. To form pus.
Syncope. Sudden and complete fainting.

Tenesmus. Bearing down ; frequent, vain, and painful desire to evacuate the bowels.
Torminia. Griping pains in the bowels.
Traction. Gradual, steady pulling.
Trachea. The windpipe.
Tubercle. A tumor in the substance of an organ.
Tumefaction. Swelling.

Umbilicus. The navel.
Ureter. A tube or duct through which urine is conveyed from the kidneys to the bladder.
Urethra. The canal through which the urine passes when discharged from the bladder.
Uterus. The womb ; the organ containing the child before its birth.
Vagina. The canal that leads from the external organs of generation to the womb.

Vertigo. Dizziness.
Vesication. Raising blisters.
Vesicle. A small cavity.
Viscera. The internal organs of the body.
Viscid. Sticky.

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The Hygienic Family Physician.

As the title suggests, this work is especially designed for family use. The style in which it is written is such as to render it perfectly intelligible to all classes, as it is quite free from technical terms and phrases which are of such frequent occurrence in nearly all books of this kind which have previously appeared as to render them more or less objectionable. It is, nevertheless, "a complete guide for the preservation of health and the treatment of disease without the use of medicine."

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Published at the *Health Reformer* Office. Price, post-paid, 10 cents.

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By R. T. Trall, M. D.

This important work treats upon the Principles of Hygienic Medication—Hygeio-Therapy—The Essential Nature of Disease—The Modus Operandi of Medicine—The Relations of Remedies to Diseases—The Relations of Remedies to the Healthy Organs—The Doctrine of Vitality—The Law of Cure—The Problems of Medical Science. It should be read by the million.

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This is a Philosophical Exposition of the Effects of Tobacco on the Human System. Published at the *Health Reformer* Office. Price, post-paid, 15 cents.

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This is a pamphlet of great value, containing three of the most important of Graham's Lectures on the Science of Human Life. It is published for the benefit of those who may not feel able to purchase the entire work, and contains most of that work which is of practical value to the reading public.

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mention of those vices, in consequence of which, they themselves exhibit evident marks of rapid decay.

"The reader may as well prepare at the first, by laying aside feelings of false delicacy, if he is troubled with them, to be benefited by the painful facts, plainly stated in this work. The real value of the lengthy article on

"CHASTITY"

Cannot be estimated by dollars and cents. Every youth in the land should read it. And not only the youth, but every parent and guardian, should study it well, and be prepared in a proper way to warn those children under their immediate care. And let every mother be stirred by the article under the caption of

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Progression is the spirit of the times. Social reform, prison reform, civil service reform, and various other reforms, each in its turn, call for the careful and candid consideration and hearty co-operation of every intelligent man and woman. And very just and appropriate is this demand; for nothing can be more promotive of the interests of society than improvement—progression—*reform*. Without this, stagnation would result, and civilization would soon degenerate into the veriest barbarism. Its value, then, cannot be overestimated; and every truly reformatory movement should receive our most serious and attentive consideration.

As its name would suggest, the *Health Reformer*

is published in the interest of a reformation which has a special bearing upon health; health—physical, mental, and moral. Perfect physical development, clear mental faculties, and acute moral sensibilities, constitute the perfection of manhood or womanhood. Can there be anything more important, then, than a reform which aims to secure these three conditions, which, when attained, will place a person in that state of perfection which will enable him to realize the highest degree of enjoyment possible for man to experience? May we not justly claim that, while the reforms which have been mentioned are of great moment and absorbing interest, they are all eclipsed by the far greater importance of this reform which deals with those principles which underlie the whole superstructure of moral and social life, and which strike at the very root of all the evils which curse society, and rest like a mighty incubus upon the world?

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2. The fact that the condition of a person's moral organs depends so largely upon that of the body and mind; as is illustrated by the victim of despair who labors under the impression that his doom is sealed, when his only difficulty is a torpid liver; or the irritable, misanthropic dyspeptic, whose unhappy mental condition is wholly due to a disordered stomach.

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THE HEALTH INSTITUTE.

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GROUNDS.

The grounds are ample, consisting of a site of about twenty acres, a large portion of which is covered with shade, ornamental, and fruit trees. They are also high, overlooking the entire city, and affording a fine view of the landscape for miles around.

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ROOMS

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PLAN OF TREATMENT.

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OUR REMEDIES

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ing its evils), the much-renowned Electric or Electro-Thermal-Bath, the Lift Cure, and the celebrated Swedish Movement Cure, which are so successful in many cases which cannot be reached by other means.

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OUR SUCCESS.

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CONSUMPTION.

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DYSPEPSIA.

Hundreds have come to us afflicted with this most deplorable disease in its most aggravated forms, and, after staying a proper time, have returned to their friends relieved of their sufferings.

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Even this formidable disease is, in many cases, treated with entire success, the use of paralyzed organs being wholly restored.

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THE

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PUBLISHED AT
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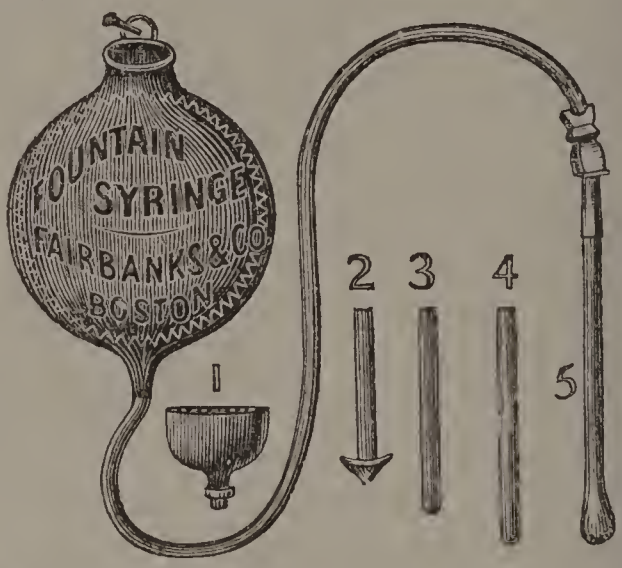

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The Treatment of Disease. For all who are not educated in the theory and practice of medicine. The only remedies recommended are strictly hygienic.

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